NOVEMBER 2015

seventeen



BEAUTY HAUL OF FAME!
BEST BUYS FOR NEXT-LEVEL HAIR, AH-MAZING SKIN & MORE

BELLA HADID

READER STORY
"I MADE OUT WITH MY BFF... NOW WHAT?"

ENTER FOR A CHANCE TO
WIN!
A TRIP TO THE
HUNGER GAMES: MOCKINGJAY - PART 2 PREMIERE!
SEE DETAILS INSIDE

MEET THE NEW TRANSGENERATION



MAYBEL

MAKE IT HAPPEN™


CUP-SHAPED BRISTLES
Lashes so lifted,
so dramatic.
Dare to get the
push-up effect.
NEW
the falsies®
PUSH UP DRAMA™
Show us your
#PUSHUPMASCARA look.
MAYBELLINE NEW YORK
the falsies
PUSH UP
DRAMA™
LINE®
NEW YORK
©2015 Maybelline LLC.



©2015 MEO Management Co. All Rights Reserved.

aerie®
AERIE.COM

THE *REAL* YOU IS SEXY.®

Emma Roberts doesn't need retouching.
Neither do you.

#aerieREAL

Bras in AA-DDD, undies & more.


PANTENE
STRONG IS
TAKING THE HEAT
PRO-V
Pantene's rich, creamy Daily Moisture Renewal Shampoo and Conditioner sends powerful Pro-V moisture deep into your hair. So even the dry damage from 100 blowdries transforms into silky amazing.
STRONG IS BEAUTIFUL™
©2015 P&G

NOV



FASHION

27 PETAL PUSHER
Be fierce and femme in cutting-edge florals!

28 BLACK & WHITE DAY OR NIGHT
With Aimee Song's tricks, this classic color pairing can be dressed up *or* down.

34 LOVE HER! Ava Dash shows you how to mix NYC chic with a laid-back Cali vibe.

36 LEGGINGS GAME STRONG Cute (and unexpected!) ways to style your comfiest staple.

38 BOOT UP! Five killer pairs you'll heart forever.

40 $50 & UNDER Snag athleisure pieces on the cheap.



92 ROCK YOUR LOOK
The cast of *Jem and the Holograms* shows you how it's done.



BEAUTY

43 READY, SET, SHOP!
Score the ultimate beauty hauls with recs from celebs, *Seventeen* editors, and readers.

54 BE A BLEACHER BABE Everything you need to shine in the stands.

58 YOUR NOVEMBER MANI-SCOPE Your perfect shade is written in the stars.

60 BUSTED-MAKEUP HACKS
Our Beauty Smartie Lisette teaches you how to put them all back together again.

62 "I CAN'T STOP PICKING MY SKIN" How a writer's secret habit turned into a dangerous compulsion.

65
IN GOOD TASTE
Yummy fruits and veggies are always in fashion!





104
JUST YOUR AVERAGE (TRANSGENDER) TEEN
Five real-life stories you won't want to miss.

BODY & HEALTH

70 THE CULT OF NO SLEEP Why skipping the zzz's could *seriously* backfire.

74 "I LOVE MY BODY BECAUSE IT'S STRONG FOR ME" *Dancing with the Stars'* Bindi Irwin shares her journey.

YOUR CIRCLE

77 WHEN THE CHECK DROPS & YOU'RE LIKE 😬
Exactly what to say to make sure your peeps pay up.

78 FAMILY HOLIDAY SURVIVAL GUIDE
Because Turkey Day should be about sweet potatoes with marshmallows, not fights with your mom.

80 I MADE OUT WITH . . . Thinking about hooking up with your bestie? Or your bestie's ex?!? These girls did it—here's what happened next.

98
HAPPY SWIFT-GIVING
We serve up Taylor's best #blessedlife lessons. Dig in!





17 MUST SHARE NOW Our current crush (hi, Serayah!), cool tunes & a new cookie recipe!

20 POWER GIRLS Even when she was homeless, Nadya, 17, dreamed of helping others.

22 THE CLICK Steal Arden Rose's Insta tips!

110 YOUR CHEAT SHEET TO . . .
Making money off your hobbies!

YOU COULD WIN
$500
Take our reader-feedback survey online!
See page 115 for details, or log on to novembersurvey.seventeen.com.

FOLLOW SEVENTEEN.COM EVERYWHERE!

AND... 12 ▶ hi from michelle 14 ▶ all your likes 112 ▶ traumarama 114 ▶ horoscopes 115 ▶ enter for a chance to win . . . 116 ▶ my advice: gloria steinem

© Clinique Laboratories, LLC

clinique.com

FACE FORWARD



Dress for yourself. Dream big.
Find your voice. And put it out there.
Tavi Gevinson #faceforward

CLINIQUE

Allergy Tested. 100% Fragrance Free.

3-Step Skin Care. Try a simple routine and make it your own.





Clockwise from right: with Senior Fashion Editor James Worthington DeMolet; bling for the shoot; a selfie with Bookings Director Steven Brown.





BEHIND THE SCENES WITH BELLA HADID

• Get Low
What was Bella super-psyched to see when she arrived for her *Seventeen* cover shoot? Not the racks of clothing. Nope, not all the jewelry. It was the rows of loafers, brogues, and more flats. So it's official: She really is your spirit animal.

• Stay Connected
While getting her hair and makeup done, Bella chatted with her mom, Yolanda, over FaceTime. Then in between shots, the California native slipped into a white bathrobe and scrolled through her Insta.

• Model Moment
Bella joins an ultra-cool list of models who have appeared on the cover of *Seventeen* over the years. Also in the club: Niki and Krissy Taylor, Cameron Diaz (before she was an actress!), and Milla Jovovich (when she was 12!).





ON BELLA: (main photo, left) rings on right hand, Eva Fehren; shoes, MARKSINRYYPPY by Nicole Brundage; (inset photo, above) blazer, Dondup; tee, CluTOO; jeans, BLK DNM; bracelet, Thirteen31; (newsstand cover) jacket and pants, Zadig & Voltaire; tee, J.Crew; earrings, Rosa de la Cruz; rings, Fallon; (subscriber cover) coat, House of Holland; tee, LNA; pants, MM6 - Maison Margiela; necklace, Chanel; rings, Meadowlark; shoes, Eugenia Kim.

Fashion Stylist: James Worthington DeMolet. Hair: Harry Josh. Makeup: Hung Vanngo. Manicure: Casey Herman. Photographs: Alexei Hay.

82
"I GOT THIS"
Bella talks about her unstoppable career.

TO GET BELLA'S LOOK

1 Face CHANEL Le Blanc Light Revealing Brightening Makeup Base, $55, chanel.com
2 Lips CHANEL Rouge Allure Gloss in Sensible, $34, chanel.com
3 Cheeks CHANEL Powder Blush in Angelique, $45, chanel.com
4 Eyes CHANEL Le Crayon Khôl Intense Eye Pencil in Noir, $29, chanel.com



Scent
A splash of rose and vanilla leather are perfect for getting Bella's edgy fashion cred.
LANCÔME La Nuit Trésor, $80 for 1.7 oz., Dillard's

SELFIE: STEVEN BROWN. BEHIND THE SCENES AND JEWELRY PHOTOS: RICK I BERGER. STILL LIFES: (PERFUME) COURTESY OF LANCÔME; (ALL OTHERS) COURTESY OF CHANEL.

© Clinique Laboratories, LLC

clinique.com

FACE FORWARD



Spin your own story. Take some risks.
Seed something new.
And make it your business.

Hannah Bronfman #faceforward

CLINIQUE

Allergy Tested. 100% Fragrance Free.

3-Step Skin Care. Try a simple routine and make it your own.


“IT TAKES JUST AN INSTANT
FOR HANDS TO TOUCH AND
HEARTS TO FALL IN LOVE.”
J. LUKE, WRITER

ATTRACTION IS ON





REVLON COLORSTAY GEL ENVY™

Flawless salon-quality color. Revolutionary Top Coat for long-lasting **strength**, **shine** and **life-resistant wear**. 38 vivid, easy-to-remove shades.

OLIVIA WILDE WEARS WILD CARD.

REVLON

LOVE IS ON™

© 2015 Revlon



"What I'm GRATEFUL FOR THIS MONTH"

Hey, it's Aya!



A New Reality Show

I love that you finally get to see *Seventeen*'s style queen, Executive Fashion Director Aya Kanai, as a judge on *Project Runway Junior*! Aya came back after each challenge saying: "The designers are some of the most talented teenagers I have ever met!" Live-tweet the premiere with me (November 12 at 9/8c on Lifetime).



#TransIsBeautiful Movement

I'm thankful for all the vibrant transgender teens who shared their stories with Senior Editor Andrea Stanley (left, with Zoey, 14). These teens represent the joy, confidence, and purpose each one of you can find when you embrace and express your true self. Meet them all starting on page 104.



Our Cover Girl

Little sisters, unite! Bella Hadid represents how younger siblings everywhere can step out of the shadows of their big brothers or sisters and pave a path of their own. PS: Bella also gives great hugs.

Holiday Cups! (Really)

There are no words that can accurately describe the thrill I experience when I spot a red Starbucks cup. Fill it with a nonfat peppermint mocha and I don't even care if they write "Mishell" on it. Heaven.



Jem: The Movie

I am so excited *Jem and the Holograms* is having a truly outrageous renaissance. Four fab stars bring my childhood obsession to life (page 92) and remind me of when I dreamed of owning hologram earrings. (Reality? I lose the backs to all earrings, so I've basically given up on that accessory.)

Michelle

MICHELLE TAN
EDITOR-IN-CHIEF
michelle@seventeen.com
Twitter: @MichAnnTan
Instagram: @MichAnnTan
Snapchat: @MichAnnTan

TAN: CHRIS ECKERT/STUDIO D. FASHION STYLIST: DAYNA SPITZ. HAIR AND MAKEUP: ANNA WEBBER. *PROJECT RUNWAY: JUNIOR*: COURTESY OF *PROJECT RUNWAY: JUNIOR*. BELLA AND MICHELLE: JORDAN BARNES. STARBUCKS CUP: ARMSTRONG PHOTO. *JEM AND THE HOLOGRAMS*: EVERETT COLLECTION. ZOEY AND ANDREA: ANDREW HETHERINGTON. GROOMING: KIP ZACHARY FOR CLOUTIER REMIX.



Cris is wearing New Brow Drama™ Sculpting Brow Mascara in Deep Brown.
©2015 Maybelline LLC.

MAYBELLINE
MAKE IT HAPPEN™ NEW YORK

17 POLL

WHAT'S YOUR JACKET STYLE?



ATHLEISURE 42%

MOTO 58%



YOU COULD WIN A TRIP!

Enter for a chance to win tickets to the L.A. premiere screening of *The Hunger Games: Mockingjay – Part 2.* Plus, we're giving away 30 pairs of Fandango movie tickets!*

To enter, visit: seventeen.com/mockingjaytix.

*Movie tickets are up to a $40 value. For rules, see page 115.



MOST ❤'D #OOTD

Follow @seventeen on Instagram for daily fashion inspo.



13K LIKES!

CROP TOP AND SKIRT SET Shop Priceless.
BAG John Zara.
SHOES Rebecca Minkoff.

OUR FAVE READER COMMENTS

@callme_unjaded
Iggy looks absolutely gorgeous in #SeventeenMagazine 😍



@miranda_pollitti19
I donut know what beats a relaxing Saturday morning! 😀🍩☀️ *#Seventeen*



@celinachaps
On the way to another college tour when @seventeen suddenly reads my mind… #ThankYou! 🙏

@peypey251
When you're reading an article about planning for college and you realize this actually applies to you now… #17mag #Seniors2k16



@abbysherrilynn
I feel like @seventeen magazine is really rooting for me this year! Thanks for the tips, you guys are the best. 😊

SEVENTEEN FOR iPHONE Download our free app for more polls.

GOULDING AND DUNN: NEIL MOCKFORD/ALEX HUCKLE/GETTY IMAGES (2). DOUGHNUT: COURTESY OF MIRANDA POLLITT. OOTD: KATHRYN WIRSING. *HUNGER GAMES* PHOTOS: MOTION PICTURE ARTWORK TM & © 2015 LIONS GATE ENTERTAINMENT INC. ALL RIGHTS RESERVED.

Clean is one thing.
DOUBLE CLEAN is the new thing.

Introducing the **Double Cleansing Method** from Neutrogena®
for skin so clear, it glows from within.

STEP 1 – Remove Surface Impurities
Neutrogena® Makeup Remover Cleansing Towelettes

Ordinary cleansers may not thoroughly remove makeup and oil. Only our patented formula is clinically proven to remove 99.3% of even the most stubborn makeup to prepare your skin for deeper cleansing.

STEP 2 – Clean Deep Into Pores
Neutrogena® Deep Clean® Gentle Scrub

Oil and dirt trapped in pores can make skin look dull and lead to breakouts. With gentle exfoliators and Beta Hydroxy acid, our scrub removes 99.9% of dirt and microtoxins to reveal clear skin that glows from within.

Nothing works better.

doublecleansing.com



Neutrogena®

#1 Dermatologist Recommended Skincare

©Neutrogena Corp. 2015


OGX
beauty pure and simple
HYDRATING
EXTRA STRENGTH
hydrate & repair +
argan oil
of morocco
SHAMPOO
Repair dry, damaged, brittle tresses. This extra powerful formula with argan oil of Morocco and silk proteins helps to intensely hydrate and lock in moisture to give hair a second chance at silky perfection.
REPAIRING
Argan Oil + Silk Protein = Super Hydration & Repair
ogxbeauty.com | ogxbeauty

Everything worth posting about.

MUST SHARE NOW



SHARE TACTICS
"I'm an Instagram-crazy freak," says Serayah (@serayah). "But I recently took Snapchat by storm. I'm constantly recording."

CRUSH ALERT!

Serayah

The singer-actress (and Taylor Swift squad member), 20, hits all the right notes as diva-in-training Tiana on *Empire*.

What has playing Tiana taught you about yourself?

It's really opened up my mind when it comes to being able to become a character—to the point where people actually think I'm bisexual when they meet me.

What do you look for in a guy?

Confidence and the way he carries himself. If he's respectful and he makes good conversation instead of being super-direct and physical, that's what makes me think, He's kind of cute!

What's the biggest relationship lesson you have ever learned?

I'd tell my younger self to be more confident. Your value is so much more than some guy.

What qualities make for a great BFF?

Being able to confide in someone is the most important thing. I want to be able to vent and get advice—or sometimes not get advice, just have you hear what I'm saying. What else attracts me to a person is when they're not judgmental. You can hear that in someone's voice as soon as you start talking to them.

So what's it like hanging with Taylor?

She's awesome. It's just carefree, fun girl time. We talk about guys and just spill it all out. It's like *The View* but with trampolines and stuff.

Any current music obsessions?

I'm trying to find my own sound, so I don't want to listen to what's on the radio. I just bought a record player, and I'm going to get records from the 1950s and up. I'm going to become that person who's like, "Don't touch my records!"

–RACHEL MOSELY

MARK YOUR iCAL



NOVEMBER 3
It's **Sandwich Day**! That's right: There's a national holiday for your lunch.



NOVEMBER 7
Our pure heroine, **Lorde,** turns 19! Let's celebrate with new music (hint, hint).



NOVEMBER 10
Adorbs Brit vlogger **Marcus Butler** goes offline with an advice-filled book.



NOVEMBER 13
You better *belieb* the wait is over: **Justin Bieber's** album drops today.



NOVEMBER 17
Good vibes for all on **World Peace Day.** Shade not welcome.

@SEVENTEEN Get all the hottest trends and news.

MUSTSHARENOW



Can't Get Enough Of...

WILLOW SHIELDS

She's part of a postapocalyptic rebellion in the final *Hunger Games* film (out November 20). But IRL, the star, 15, is obsessed with the past.

Fave on-set snack?
Kale chips. Fast, easy, and not unhealthy.

Funniest costar?
Jennifer Lawrence, of course. She can make the weirdest faces when you finish a scene, and everyone bursts out laughing.

Peeta or Gale?
Neither. Team Katniss always. Girl power!

Fantasy role?
Eleanor from *Eleanor & Park* by Rainbow Rowell. I related to the character so much and loved the story.

Fave item to cook?
Pho. I love a meal in a pot.

Energy-boosting music?
The whole album ***Songs from the Big Chair*** by Tears for Fears. I'm a big '80s fan.

Fictional school you'd want to attend?
Shermer High School from *The Breakfast Club*. Did I mention my '80s obsession?

–LAURA BROUNSTEIN



***Seventeen* Music Editor Sergio Kletnoy unleashes his inner fangirl and rates two new releases.**



5 SECONDS OF SUMMER *Sounds Good Feels Good* (out October 23)
"Your fave boy band delivers more pop-rock anthems you won't be able to get out of your head. It's pretty great."

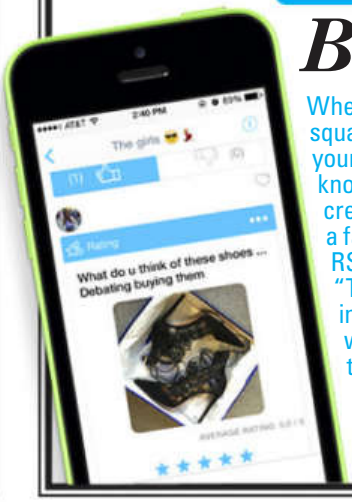


LITTLE MIX *Get Weird* (out November 6)
"The girls show off a new sound that's edgier and funkier. From ballads to club songs, there's something for everyone."

You Could Win! **Google Play Music is giving free six-month subscriptions to 10 lucky readers. (You get unlimited access to over 35 million songs and awesome playlists!) Enter for a chance to win at seventeen.com/freebies. See page 115 for rules.**

GET APP-Y

Begroupd



When you try to make plans with your squad or want to get their opinions on your #OOTD, Lindsey Cummins, 24, knows the struggle is real. So she created this app (Khloé Kardashian is a fan!) that you can use to organize RSVPs, create polls, and more. "There are ratings and yes/no's built into the chat stream," says Lindsey, which means you no longer have to scroll through group texts for answers and juggle side convos. "I wanted to create something that would eliminate that stress!"

MAIN PHOTO: JUSTIN COIT/TRUNK ARCHIVE. EMOJI: EMOJISTICKERS.COM. BIEBER: FRAZER HARRISON/GETTY IMAGES. BOOK: COURTESY OF SIMON AND SCHUSTER. LORDE: GABRIEL OLSEN/GETTY IMAGES. PARTY HAT: MOLLY DELONG/STUDIO D. SANDWICH: MANLEY989/GETTY IMAGES. SERGIO: ILLUSTRATION BY MICAH RAMSAY. SHIELDS: JASON MERRITT/GETTY IMAGES. 5 SECONDS OF SUMMER: COURTESY OF CAPITOL RECORDS. LITTLE MIX: COURTESY OF COLUMBIA RECORDS. HEADPHONES ILLUSTRATION: COURTESY OF MPRM. PEANUT BUTTER AND JELLY COOKIES, BOOK COVER, AND ROSANNA PANSINO PHOTOS: COURTESY OF PMKBNC (9).

PEANUT BUTTER JELLY TIME!

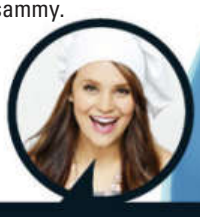
YouTube star and baker Rosanna Pansino—author of *The Nerdy Nummies Cookbook* out on November 3—serves up a tasty twist on the classic sammy.

INGREDIENTS:
- 1 cup butter
- 1 cup creamy peanut butter
- 1 cup packed brown sugar
- 1 cup white sugar
- 1 egg
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 2½ cups flour
- Jam or jelly

DIRECTIONS:
1) Cream butter, peanut butter, and sugars together.
2) Add egg and beat well.
3) Add baking soda, baking powder, and vanilla, and mix.
4) Stir in flour.
5) Roll out dough to ¼-inch thick, and cut into 1½-inch squares.
6) Using your fingers, mold squares into bread shapes.
7) Place onto an ungreased cookie sheet, and freeze for 10 minutes.
8) Bake at 350 degrees for 6 minutes. Cool completely.
9) Spoon jelly onto middle of cookie. Top off with another cookie.

MAKES 45.





"Peanut butter cookies are one of my all-time favorites! They are so simple to make and very yummy. I have so many warm memories of eating them as an after-school snack with my sister and mom."





ENTER THE SEDUCTIVE WORLD OF GUESS

GUESS.COM/FRAGRANCES

GUESS



"I want to break down the shame girls feel about getting their period," Nadya says. And she thinks guys, like her friend Vince (right), have to be part of the solution, too.



"Being Homeless Inspired Me TO START A CHARITY"

Nadya Okamoto, 17, creates care packages filled with the one thing homeless women and girls need most. And it's not food or clothing. **by ANDREA STANLEY**

Imagine this is your freshman year: Your mother loses her job, so without rent money, you, your mom, and your two younger sisters end up homeless. You do a lot of couch-surfing until you finally settle down in a family friend's attic. It takes you two buses and two hours to get to your private high school near Portland, Oregon. And even though you have a scholarship, you need to work a lot of babysitting jobs (and various other gigs) to help cover extra expenses. No one would fault you if you reached out for help. Yet, Nadya Okamoto only had one goal in mind: giving back.

"The whole experience of being legally homeless totally changed me," says Nadya, now a senior in high school. "It taught me to be so grateful for everything in my life no matter what. And I became determined to do something that had purpose."

Nadya figured out what that "something" was during those long bus rides. "I started having conversations with homeless women," she says. "I asked them about what they needed, and I realized we would always end up on the topic of menstruation." She learned that women who are struggling financially often put pads and tampons at the bottom of the priority list, after food and clothing. "I saved up money and started buying feminine products to keep in my bag to give away," she says. "One night I handed one to a woman on the bus and she broke down in tears. It was like no one had ever

MAIN PHOTO: COURTESY OF AMEYA OKAMOTO. NADYA AND VINCE: GISELLE COHEN. YANG: VICKI GOMEZ SIGG. JUICES: COURTESY OF ANN YANG.



stood up for her and recognized her period as a challenge in her life."

In the summer of 2014, Nadya's family was able to move back into a permanent home, and even though she didn't have a crazy-long bus ride anymore, her drive to fix the period problem only grew. She officially launched Camions of Care ("*Camión* means 'truck' in Spanish, and the idea of the foundation is a service that delivers products," she says) with the goal of advocating for women and providing them with supplies for that time of the month. The philosophy behind her idea was simple: Menstruation should never prevent a girl from going to school or work because "she's worried she smells or her clothes are going to get stained since she doesn't have feminine hygiene products." Period.

Over the next few months, she applied for a grant through ANNpower, a program that supports young women leaders, and asked friends to help put together her goal of 20 care packages per week. Each kit contained nine tampons, four pads, and five panty liners. "I recruited one of my friends, Vince, to help me," Nadya says. "When I first met him, he didn't even know what a tampon was, but he was passionate and organized."

> "*Seeing how the supplies give women* **BACK THEIR CONFIDENCE AND DIGNITY—***that's all that matters to me.*"

In less than a year, Camions of Care has grown to a staff of 11—all of them teen volunteers. It's also expanded beyond Portland: There are chapters in high schools and colleges across the country—and even one in Kenya! In total, the entire program now distributes 120 care packages weekly. But Nadya doesn't consider herself that different from other girls her age. "I'm stressing about grades and worrying about boyfriends and things like that," she says. But her passion is clear: "Seeing how the supplies give women back their confidence and dignity—that's all that matters to me."

To learn more, visit camionsofcare.org.

So You Want to Start a Nonprofit?

You can't fuel a charity on passion alone. Nadya shares important info to get you started.

Identify a Real Problem

"You need to find a cause or a need to address, and make sure that the people you hope to help will actually benefit from your idea. Also make sure that your nonprofit is unique and different from other existing organizations so you have room to grow and break new boundaries."

Don't Start Until You Have Support

"It's important to build a network of partners who can help spread the word about your services, and supporters who can help fund your program. Nonprofits are sustained through resources and funds that people give, so having that foundation is key."

Make It Official

"To be a legit nonprofit, you need to register your business name, create your entity legally, and possibly apply for 501(c)(3) status. The exact step-by-step varies depending on where you live, so start by following the instructions listed at usa.gov/start-business."



JUICE BOSS

Ann Yang

The 22-year-old saw a beautiful opportunity to make use of "ugly" produce—by turning it into a cold-pressed drink.

Q What was your inspo behind starting Misfit Juicery?

I learned that six billion pounds of produce go unsold or unharvested each year because it isn't "good looking" enough to sell. For example, a two-legged carrot might not get sold at a store because it doesn't meet aesthetic standards. So the idea was to take the misfits and turn them into juice—it was a way to conceal their appearance.

Q How did you get started?

I met my best friend and cofounder, Phil, at Georgetown University. Neither one of us wanted to go into a "traditional" career. We pitched our idea at two competitions hosted by our school and won $6,000. We borrowed a Vitamix from a woman I babysat for, bought four crates of discolored peaches from a farmer, and went to work.

Q How long did it take to turn it into a real business?

Phil and I came up with the idea in spring of 2014 but didn't start working on it until that September. We officially launched in a salad shop and two coffee shops in November 2014. Today, our products can be found in 22 stores in the D.C. area. [For more info, check out misfitjuicery.com.]

Q Any tips for teens who want to rule the business world?

I think as girls we seek classes, majors, and career paths that will lead to the jobs we *think* we should be in, but if you listen to what you're passionate about, you can create your own career. –Chloe Chase

@SEVENTEEN Are you up to amazing things? Be featured on *Seventeen*'s Insta, #InstAmazing. Search the hashtag for info!

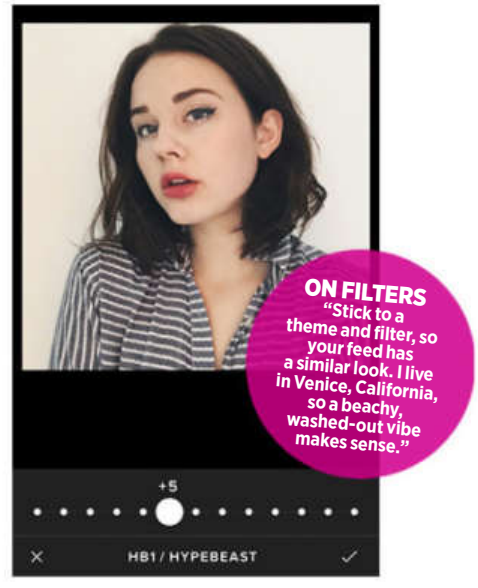
This Photo Got 64,000+ Likes

Curious how to take your Instagram to the next level? **Arden Rose** (@arose1860) reveals exactly how she creates a picture-perfect feed. **by ALEX ABEL**



STEP 1

Arden takes between two and thirty pics on her phone to get the right one. Once she selects a fave, she imports it into the VSCO Cam app. "It has really great indie filters."



STEP 2

She changes the filter to HB1—"it has a muted, overexposed look"—and knocks down the effect by half. "My color palette is a lot of light blue, white, and gray—like a cloudy sky."



STEP 3

After that, Arden switches to another group of settings, where you can tweak the brightness of the picture "to bump up the fade, so it has that old film-y look."



STEP 4

If the image looks dull, she slightly ups the contrast level. Then she checks the pic against others in her VSCO Cam to make sure it goes with her overall theme. Finally: Insta upload!

More Fun Instas to Follow!

In this case, it's not rude to stare. Get even more inspo with our favorite feeds right now.



@mattcrump

These super-saturated snaps will make you feel like you're living in a candy-colored paradise.



@ihavethisthingwithfloors

Get ready to spend hours staring at Birkenstocks on beautiful floors. Seriously, though.



@thepinkdiary

This dreamy lifestyle Insta will have you legit excited to see *another* what-I'm-eating-for-breakfast pic.

ROSE: COURTESY OF ARDEN ROSE. @MATTCRUMP: COURTESY OF MATT CRUMP. @IHAVETHISTHINGWITHFLOORS: COURTESY OF KAYLA OWENS OF @KNWNS. @THEPINKDIARY: COURTESY OF SHARON KIM.

BURT'S BEES



LIMITED EDITION

— UNCAP FLAVOR —

'Tis the season for new Mint Cocoa Lip Balm
and all the naturally moisturizing flavors of Burt's Bees.®



seventeen



Editor-in-Chief
MICHELLE TAN @michanntan

Executive Editor JOEY BARTOLOMEO @missjoeyb
Creative Director NICOLE MAZUR
Executive Managing Editor JOHN DIOSO @johnnydioso
Executive Fashion Director AYA KANAI @ayatkanai **Executive Beauty Director** LEAH WYAR @leahwyar
Executive Photography Director ALIX CAMPBELL
Executive Entertainment Director DANA STERN SCHWARTZ @DanaStern25
Photography Director FABIENNE LE ROUX **Design Director** WENDY ROBISON
Managing Editor ALISON SHEFFER JURADO
Special Projects Director LAURA BROUNSTEIN @laurabrounstein
Web Director BETSY FAST @betsyfast

FASHION
Fashion Market Director SARAH CONLY
Senior Market Editor ABBY KALICKA @ajkalicks
Senior Fashion Editor JAMES WORTHINGTON DeMOLET @jamesdemolet
Senior Accessories Editor KATHY LEE
Bookings Director STEVEN BROWN @sbro911
Accessories Editor NICOLE FINEO @nicolefineo **Fashion Editors** AEYUNG KIM @aeyung, ADAM MANSUROGLU
Assistant Fashion Editor ALYSIA DE MAIO @mademoiselle_demaio
Fashion Assistants SHALAEYA BROWN, LINDA QUINONES, JENNA WOJCIECHOWSKI
Bookings Assistant SEAN McINTYRE

"NARS Heat Wave Lipstick. Best. Red. Ever."

BEAUTY
Deputy Beauty Editor MARTA TOPRAN @martatopran
Beauty Editor MADDY ZOLLO @maddyzollo **Beauty Assistant** KATE FOSTER @katebfoster

FEATURES
Senior Editor ANDREA STANLEY @andreastanley
Music & Entertainment Editor SERGIO KLETNOY @sergiokletnoy
Associate Editor HEATHER VIGGIANI @heatherviggiani
Assistant Editor ALEX ABEL @abela18
Editorial Business Coordinator CARYN KANARE **Assistant to the Editor-in-Chief** CHLOE CHASE @boulderbitty

ART & PHOTOGRAPHY
Photo Editors ANTONELLA D'AGOSTINO @antonelladollhouse, ALLIE KIRCHER
Photo Production Coordinator NAOMI NISHI
Designer MOLLY APFELROTH @mollyrene825
Photo Assistant SARAH ECKINGER
Digital Imaging Specialist TITO SAUBIDET

"My parents' golden retriever, Banjo—he's a slobbery sweetheart who always makes me smile!"

COPY
Copy Chief MARISA CARROLL

SEVENTEEN.COM
Deputy Site Editor KRISTIN KOCH @krismkoch
Web Editors ELIZABETH DENTON @elizabethann1, NOELLE DEVOE @noelle_cd
Social Director ELISA BENSON @elisabenson
Social Media Editor ARIEL NAGI @arielnagi

SEVENTEEN APPS
Application Producer KYLE KEARBEY @kyle_kearbey

"That I'm single so I have more time to spend with **my best friends, aka my real soul mates.**"

CONTRIBUTING EDITORS
DENISE CALDWELL @dcfashionista1, CHELSEA CROCKETT @liciousinsider, AMBER MADISON @ambermadi, MEGHAN ROSETTE @meghanrosette

FREELANCE CONTRIBUTORS
JILL AMOS (PHOTO), BRIAN CARROLL (COPY), JENNIFER KELLY GEDDES (RESEARCH)

PUBLIC RELATIONS
Director of Strategy and Communications HOLLY WHIDDEN **Public Relations Manager** LAUREN DEMITRY

INTERNS
KRISTINA AASHEIM, KAYLEIGH ADAM, OLIVIA BAHOU, ARIEL BERKOWITZ, AMELIA BOCCACCIO, CLAIRE BUCKLEY, BECKY BYRON, ANNA CHAMPAGNE, RENEE CHERRY, MADISON FELLER, TATIANA FOGT, DANIELLA FRANCHETTI, NINA GAMGORT, SHELLEY GOLAN, ILANA GOLDWASSER, MADELINE GOONE, JACQUELINE JUSTICE, BAILEY KIRCHER, NICOLETTE KLUMB, CAROLIN LEHMANN, ALEXIS McDONNEL, CHRISTINA MEISSNER, MADDIE MUTSCHELLER, HALLIE PARKER, LAUREN PFIEFFER, ALEX POPELSKY, ERIN REIMEL, MICHELLE SCHWARTZ, WESLEY SHAW, SAMANTHA SIEGFRIED, ELENI SKOUTAKIS, RACHEL SOLOMON, JACLYN TURNER, REBECCA VOORHEES, JULIA WEBB, JESSI WILSON, NATALIE ZIPPI

Editorial Director
JOANNA COLES

ILLUSTRATION: MICAH RAMSAY.



Senior Vice President/Publishing Director/Chief Revenue Officer
DONNA KALAJIAN LAGANI

Associate Publisher, Advertising and Marketing
STACY NATHAN

Associate Publisher, Marketing HOWARD GRIER
Advertising Director TERRY ALVAR
General Manager LARRY GREENBLATT

NEW YORK 212-649-3100

Beauty Directors EMILY MICHAEL COHN, DANI GORMAN POLLACK, EMILY KELTON
Account Directors LINDA KORMAN, CHRISTINE TEBCHERANY @christeb87, NADINE S. WAXENBERG @nadinewax
Advertising Services Manager MELISSA WONG
Executive Assistant to the Publishing Director LYNN GOLDSTEIN-GARGUILO
Sales Assistants NICOLE BRAMBLE, LANEY KAY, WARREN REJ



MIDWEST 312-251-5347

Account Director ROBIN BILLIE @rbillie17 **Sales Assistant** MEGAN FECHNER

SOUTHWEST 214-363-6191

Account Director MICHELLE MIZE **Sales Assistant** MEGAN FECHNER

WEST COAST 310-664-2986

Account Director JEE AHN **Sales Assistant** SERENA GREEN

DIRECT RESPONSE

Account Director CHELSEA PALLADINO

INTEGRATED MARKETING

Creative Services Director LAUREN MURPHY @lemurphy
Senior Integrated Marketing Managers ARIEL KAYE @arielbkaye, AMANDA SHAPIN, TRACEY SKALER
Integrated Marketing Managers COURTNEY TURNBULL, KELSEY STOKES @kelseymstokes
Integrated Marketing Associate SAMANTHA IMPARATO
Promotion Design Director JESEKA HAHN @voda_creative **Promotion Art Director** LOIS STRASBERG



MARKETING RESEARCH

Director of Marketing Strategy VICKI DREYER FISCHER
Research Manager LYNN SESSA

PRODUCTION

Group Production Director CHUCK LODATO
Group Production Manager JULIETTE CIACCIA
Premedia Manager VIVIAN SUCHMAN

CIRCULATION

Consumer Marketing Director HEATHER J. PLANT

HEARST MAGAZINES DIGITAL MEDIA

Senior Vice President, Chief Revenue Officer TODD R. HASKELL
Executive Director Sales & Marketing TARA SCHMITT
Associate Director of Content Strategy HANNAH ZISMAN
Senior Marketing Manager ALLISON MATTHEWS

PUBLISHED BY HEARST COMMUNICATIONS, INC.

President & Chief Executive Officer STEVEN R. SWARTZ
Chairman WILLIAM R. HEARST III **Executive Vice Chairman** FRANK A. BENNACK, JR.

HEARST MAGAZINES DIVISION

President DAVID CAREY @careyathearst
President, Marketing & Publishing Director MICHAEL A. CLINTON @maclinton
Editorial Director ELLEN LEVINE
Publishing Consultants GILBERT C. MAURER, MARK F. MILLER

HEARST MAGAZINES INTERNATIONAL EDITIONS

President & CEO DUNCAN EDWARDS **Senior Vice President/CFO & General Manager** SIMON HORNE
Senior Vice President/Director of Licensing & Business Development GAUTAM RANJI
Senior Vice President International Publishing Director JEANNETTE CHANG
Senior Vice President/Editorial Director KIM ST. CLAIR BODDEN
Executive Creative Director, International Branding PETER YATES
Senior International Editions Editor CAROL CAMMERO
Editor, Argentina LAURA VIGO **Editor, Mexico** LILIANA DELGADO
Editor, Thailand PRAYER KAVITANON

FOR A SUBSCRIPTION, GO TO **SUBSCRIBE.SEVENTEEN.COM**. FOR CUSTOMER SERVICE, GO TO **SERVICE.SEVENTEEN.COM**.
FOR SUBSCRIBER QUESTIONS, WRITE TO **P.O. BOX 6000, HARLAN, IA 51593**

madden girl



KOHL'S®

Kohls.com/MaddenGirl

FASHION



PETAL PUSHER

Unexpected details (OMG, that uneven hem!) make a floral pattern fierce. Mix in menswear-inspired accessories and your cool factor will bloom even more.

Photograph by Aaron Richter

MODEL MOMENT

Name: Luz Pavon
Instagram: @luzpavon
Fave thing about modeling: "The clothes! I just love clothing in general, and I've even started my own line of dresses, tops, and skirts called Pavon NYC."

DESIGNER MOMENT

Label: Sportmax
Instagram: @sportmax
The scoop: Gigi Hadid and Hailey Baldwin are fans of the line, which is the edgy sister of Italian label Max Mara. Also, "sport" doesn't mean athleisure here—it's more about a bold, unfussy style.

DRESS, BELT AND SHOES Sportmax.
BRACELETS Stella & Bow.
RING Dannijo.

HAIR: CESAR RAMIREZ, GLOBAL ARTISTIC DIRECTOR FOR MIZANI. MAKEUP: TINA TURNBOW USING DIOR SKIN NUDE. MANICURE: MISS POP USING CHANEL LE VERNIS.

Styled by **Adam Mansuroglu**

BLACK & WHITE DAY/OR NIGHT

Style blogger **AIMEE SONG** explains how a quick accessories switch can transform this two-tone combo into a look that's casual or dressy.

Photographs by Blossom Berkofsky
Styled by James Worthington DeMolet



"To give this flowy outfit more of a night-out feel, I'd add sleek, structured accessories."

DRESS IT UP

TOP Mother of Pearl, net-a-porter.com. ***PANTS*** Haute Hippie, Haute Hippie stores. ***NECKLACE*** Fallon, fallonjewelry.com. ***BRACELETS*** (three-strand cuff) armadoro jewelry, galleria-armadoro.com; (green-and-gold bangle) Song of Style Jewelry, songofstylejewelry.com; (gold bangle, worn throughout) Aimee's own Cartier; (silver cuff) Jennifer Fisher, jenniferfisherjewelry.com. ***BAG*** Jimmy Choo, select Jimmy Choo stores. ***SHOES*** DKNY, select DKNY stores.



EARRINGS H&M, $13, hm.com



BRACELET Michael Kors, $125, michaelkors.com



BAG I.N.C. International Concepts, $80, macys.com



RINGS PANDORA Jewelry, $35 each, pandora.com

SHOES GoJane, $30, gojane.com



JACKET American Eagle Outfitters, ae.com. ***DRESS*** A.L.C., Neiman Marcus. ***RINGS*** Eddie Borgo, eddieborgo.com.

MAKEUP: MAI QUYNH USING LANCÔME AT STARWORKS ARTISTS. HAIR: IAN JAMES AT THE WALL GROUP. MANICURE: KAREN GUTIERREZ USING THE SYSTEM BY FORMULA X IN BLUSHING AT NAILING HOLLYWOOD. STILL LIFES: (H&M EARRINGS) COURTESY OF H&M; (BAUBLEBAR NECKLACE) COURTESY OF BAUBLEBAR; (STELLA & DOT EARRINGS) COURTESY OF STELLA & DOT; (ALL OTHERS) BEN GOLDSTEIN/STUDIO D.

DRESS IT DOWN



HAT
New Era Cap, $24, shop.neweracap.com



BACKPACK
Rebecca Minkoff, $195, rebeccaminkoff.com



SUNGLASSES
Rue21, $6, rue21.com



EARRINGS
Aéropostale, $13, aeropostale.com



SHOES
Nike, $120, nike.com

GET TO KNOW AIMEE SONG

Her @songofstyle Insta feed has more than 2.5 million followers, and her blog is a must-read. So what's she like IRL?

1 **She's had fashion phases.** "When I was younger, my style was influenced by my favorite music. In middle school, I was into R & B, so I wore lots of baggy jeans like Aaliyah! Then Avril Lavigne was very popular when I was in high school, so I definitely went through a major punk rock phase."

2 **She has another job.** "My blog isn't my only business. Before I ever started it, I became an interior architect. If you're wondering what the heck that means, it's not that I pick out pillows. I work with my clients to create a space from scratch where the design of the structure and the finishing touches work together and look great."

3 **She likes to unplug.** "I know it seems crazy for a blogger to say she likes to disconnect, but it's so important to take some nondigital 'me time' every week. It prevents me from comparing myself to everyone in my feed."

4 **She's an outdoorsy gal.** "I get to travel a lot thanks to my jobs! While I was in Iceland, I realized how important it is to be in touch with nature. When I see a huge gorgeous landscape, it reminds me to forget about all those petty day-to-day things that seem to matter."

–Heather Viggiani



"The mesh on this dress is already sporty, so adding lots of athletic pieces just makes sense. Sneakers, an L.A. Dodgers hat (I'm a native!), and a backpack would look so fun."

SLEEVELESS TRENCH Missguided, missguidedus.com. *DRESS* Cushnie et Ochs, Neiman Marcus. *STAR CUFF AND RINGS* Michelle Campbell, campbellcollections.com. *RECTANGULAR CUFF* Jennifer Fisher, jenniferfisherjewelry.com. *SHOES* Sophia Webster, sophiawebster.com.

@SEVENTEEN Super-cute #OOTDs for fresh inspo all week.


©2015 Garnier LLC.
#1 TREATMENT*
RESIST FRIZZ
STAY INTENSELY SMOOTH
GARNIER
FRUCTIS
SLEEK & SHINE
INTENSELY SMOOTH
LEAVE-IN CONDITIONING CREAM
Frizzy, Dry, Unmanageable Hair
SLEEK & SHINE
Treatment with Ultra-smoothing Argan Oil from Morocco & Apricot Oil
Resist frizz, stay smooth and shiny even in 98% humidity**
GARNIER
THE STRENGTH TO SHINE
*Source: 2014 & YTD 2015 w/e 4/19 IRI Dollar and Units Sales
**In a frizz test when using Garnier Fructis Sleek & Shine system of shampoo, conditioner, and leave-in conditioner vs. a non-conditioning shampoo
garnierusa.com

"Of course, strappy heels look great with a lacy dress—but so do a cool pair of boots! Because I'm all about the '70s trend, I'd layer on as many boho extras as possible to make this even more laid-back."



JACKET H&M Studio, hm.com. ***TURTLENECK DRESS*** Camilla and Marc, camillaandmarc.com. ***LACE DRESS*** Ganni, shopbop.com. ***SHOES*** 3.1 Phillip Lim, 31philliplim.com.

DRESS IT DOWN



HAT
Joe Boxer, $20, kmart.com



BAG
Sam Edelman, $198, samedelman.com



SUNGLASSES
Forever 21, $6, forever21.com



BRACELETS
Express, $20 for hexagon set, and $27 for round set, express.com

NOSE RING
Anarchy Street, $24, anarchystreet .com



BOOTS
JustFab.com, $40, justfab.com


©2015 Garnier LLC
AMPED ROOTS
GARNIER
FRUCTIS
STYLE
FULL & PLUSH
ROOT AMP
ROOT LIFTING SPRAY MOUSSE
VOLUME
WITH COTTON FLOWER EXTRACT
RAISE YOUR ROOT VOLUME
PRECISION SPRAY MOUSSE
TARGET ROOTS ⇨ MAJOR LIFT
GET EPIC 24H HEIGHT
SPOT THE LATEST MUST-HAVE LOOKS @ GARNIERSTYLE.COM
GARNIER



WHITE TEE LNA, $86, zappos.com. ***SHORTS*** Levi's, $58, levi.com. ***FLANNEL SHIRT*** Tokyo Darling, $20, tokyodarling.com. ***BOOTIES*** Sole Society, $110, solesociety.com.

Style Advice
"My mom taught me everything I know about putting an outfit together, and that the way you dress is an expression of your true self."



Cali Life
"I just moved from NYC to L.A., so I'm living in my cutoffs! A flannel and booties add warmth just in case it's chilly."

Love Her! Ava Dash

She has a fashion designer mom, Rachel Roy, and amazing taste all her own!





GNO Musts
"If I'm going out on the town, I'll layer a leather jacket over a romper or a dress, add a little blue eyeliner, and go!"

JACKET
Gap, $348, gap.com



All in the Family
"My mom designed this dress with me in mind! It's so cool to know that I'm an inspiration to her as much as she is to me."

DRESS
RACHEL Rachel Roy, $149, macys.com



For Kicks
"Sneakers go with everything, I swear! With fancier outfits, they're cool and unexpected."

SNEAKERS
Nike, $90, nike.com



Sunny Disposition
"Don't think too hard about what you're wearing, and have fun. Throw on a bright pair of sunglasses!"

SUNGLASSES
Ray-Ban, $200, Sunglass Hut stores

About Ava

Age: 16
Hometown: L.A.
Instagram: @avadash
Fun fact: "I have seven ear piercings! I mix and match all my earrings."
On her iPod: "Tinashe, Drake, Miguel, and J.Cole! Music is as big as fashion in my life, thanks to my dad [Damon Dash, Jay Z's former business partner]."

STILL LIFES: (SUNGLASSES) COURTESY OF RAY-BAN; (ALL OTHERS) BEN GOLDSTEIN/STUDIO D. DASH: COURTESY OF AVA DASH.


©2015 Garnier LLC.
SHAPE YOUR CURLS
GARNIER
FRUCTIS
STYLE
CURL SCULPT
CONDITIONING CREAM GEL
CURL
WITH NOURISHING SHEA
DEFINE CURLS WITH BOUNCE
CONDITIONING CREAM GEL
CONDITION & STYLE ⇨ FRIZZ-FREE CURLS
TOUCHABLY SOFT, NO CRUNCH
SPOT THE LATEST MUST-HAVE LOOKS @ GARNIERSTYLE.COM
GARNIER

LEGGINGS GAME STRONG

They're the official wardrobe choice of Thanksgiving weekend (or life all the time). See how two stars make the style staple anything but basic.



MILEY CYRUS

Who knew sequined leggings could be casual? Miley, of course. The trick to keeping them more daytime, less disco, is pairing them with laid-back pieces like a slouchy denim jacket, a graphic top, and high-tops.

SNEAKERS
DKNY, $225, select DKNY stores

JACKET
Lucky Brand, $99, Dillard's

TANK
Guess, $49, macys.com

LEGGINGS
Express, $80, express.com

BAG
Vera Bradley, $148, verabradley.com

SUNGLASSES
AMIClubwear, $15, amiclubwear.com

TOP
Vince Camuto, $79, vincecamuto.com

Leather leggings don't always need to have a rocker edge. Channel Bella by layering on ladylike extras (chain strap bag! pointy toes! rhinestones!) and a purr-fectly playful kitty phone case.

BRACELETS
Tommy Hilfiger, $95 (top) and $85 (bottom), tommy.com

CLUTCH
GoJane, $39, gojane.com

FAUX-LEATHER LEGGINGS
H&M, $35, hm.com

PHONE CASE
Claire's, $15, claires.com

SHOES
Gap, $50, gap.com



BELLA THORNE

STILL LIFES: [PHONE CASE] COURTESY OF CLAIRE'S; [ALL OTHERS] BEN GOLDSTEIN/STUDIO D. CYRUS: BLAYZE/SPLASH NEWS. THORNE: PAPJUICE.COM/SPLASH NEWS.

SEVENTEEN.COM/LEGGINGS True life: 9 signs you're addicted to leggings.

For lusciously soft, irresistibly kissable lips



NEW Blistex Soft & Lush® Infused with a ceramide-enhanced formula and a unique blend of lush ingredients for lips that feel smooth, supple, and deeply hydrated.



Try the rest of our

ENHANCEMENT SERIES®

There's no bliss like Blistex™

©2015 Blistex Inc. Use as directed.

BOOT UP!

Put your best foot forward in one of these super-stylish pairs and show winter who's boss.



Tall

Riding boots are a timeless go-to. The burgundy shade, which goes with everything, makes these so right now.

Firth, Exclusively for Gilt, $159, gilt.com



Moto

Double-buckle black boots bring out the edgy rocker in anyone! Bonus: Quilted leather boosts the check-these-out factor.

Vince Camuto, $198, vincecamuto.com



Glitter

Always reaching for your ankle booties? Sparkly ones are more versatile than you think—work them the same way you'd wear a piece of statement jewelry!

ASOS, $55, asos.com



Suede

A pair with fringe channels the current '70s-inspired style moment. Treat them with a water-repellent spray—and stay out of the slush.

Jessica Simpson 10th Anniversary Collection, $159, macys.com



Lace-Up

These heeled booties are perfect for those days (and nights!) when you want to dress up. Extra slay points for contrasting laces.

Calvin Klein, $189, nordstrom.com

 Photographs by **Ben Goldstein** Styled by **Sabrina Grande**


1
I like to funk up my little black dress.
2
I love going Rocker Chic with leather, studs and super high stilettos.
3
Jean shorties are my weekend go-to.
DEMI'S
3 GO-TO LOOKS
PERIOD OR NOT.
"With the Radiant Collection from Tampax & Always I have the confidence to wear what I want, no matter what time of the month it is."
Demi Lovato
WEAR WHAT YOU WANT.
©Procter & Gamble, Inc., 2015
100% LEAK-FREE
TAMPAX radiant
always radiant
#BeRadiant
TAMPAX radiant always
COLLECTION


LACOSTE

Style Tip
To pull this off without looking like you forgot to change after gym class, just work a single piece into your #OOTD.


SUNGLASSES
Lulu's, $16, lulus.com

$50 & Under

Athleisure

Get in the game with these sporty-chic pieces—at prices that won't make you break a sweat.


LACOSTE

PANTS
AMIClubwear, $26, amiclubwear.com


BUCKET BAG
JustFab.com, $30, justfab.com



TEE
Forever 21, $18, forever21.com

SNEAKERS
Mossimo, $30, target.com


FANNY PACK
Skinny Dip London, $25, skinnydiplondon.com


HEADPHONES
Skullcandy, $50, skullcandy.com


Emma is a new Aerie girl!

EMMA ROBERTS


SWEATER
American Eagle Outfitters, $35, ae.com


BRIEFS
Aerie, $7.50 each pair, aerie.com

WATCH
Misfit Flash, $30, misfit.com

DRESS
Make Me Chic, $24, makemechic.com

STILL LIFES: (PURSE) COURTESY OF JUST FAB; (ALL OTHERS) BEN GOLDSTEIN/STUDIO D. ROBERTS: LRR/FAMEFLYNET PICTURES. LACOSTE: (BACKSTAGE) KATE OWEN; (RUNWAY) ALESSANDRO LUCIONI/IMAXTREE.

AIR OPTIX® COLORS
contact lenses



MY NATURAL EYE COLOR IS BEAUTIFUL BUT **ENHANCING IT IS FUN**

BLENDS NATURALLY & **STAYS COMFORTABLE**[1,2]

3-IN-1 COLOR TECHNOLOGY

SASHA ENHANCED HER EYE COLOR WITH GEMSTONE GREEN



VIRTUALLY TRY ON YOUR PERFECT COLOR AT WWW.AIROPTIXCOLORS.COM. MAKE AN APPOINTMENT WITH AN EYE DOCTOR TODAY.

Important information for AIR OPTIX® COLORS (lotrafilcon B) contact lenses: For daily wear only for near/far-sightedness. Contact lenses, even if worn for cosmetic reasons, are prescription medical devices that must only be worn under the prescription, direction, and supervision of an eye care professional. Serious eye health problems may occur as a result of sharing contact lenses. Although rare, serious eye problems can develop while wearing contact lenses. Side effects like discomfort, mild burning or stinging may occur. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor.

9 COLORS AVAILABLE



5 SUBTLE SHADES 4 VIBRANT HUES

PERFORMANCE DRIVEN BY SCIENCE™

Alcon
a Novartis company

References: 1. Alcon data on file, 2012. **2.** Alcon data on file, 2014.

Ask your eye care professional for complete wear, care and safety information. Rx only

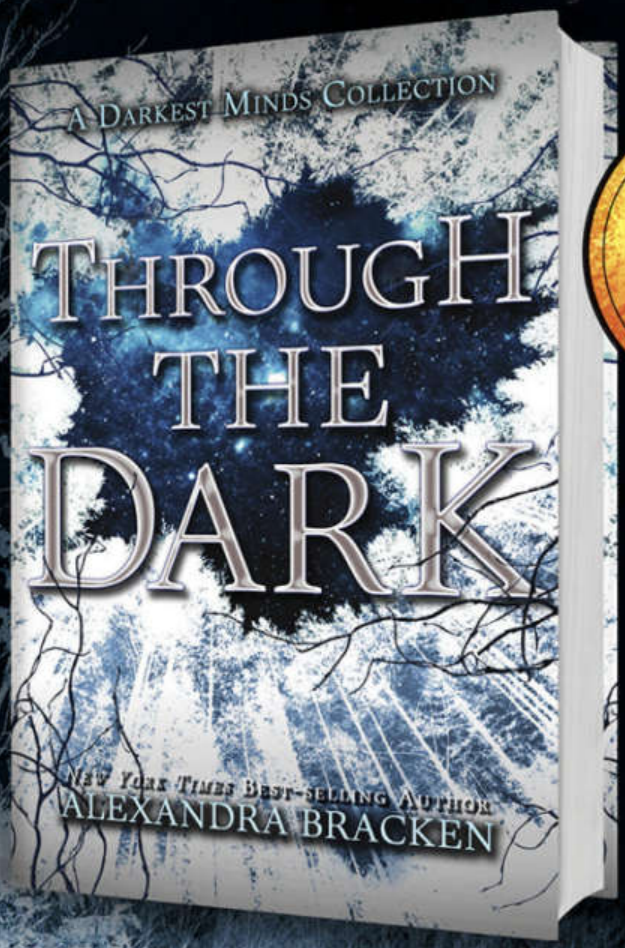
© 2015 Novartis 08/15 AOC15160JAD-A

NOVELLAS SET IN THE WORLD OF

ALEXANDRA BRACKEN'S

NEW YORK TIMES BEST-SELLING SERIES

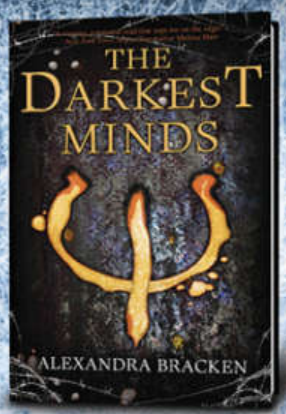
THE DARKEST MINDS



INCLUDES THE NEVER-BEFORE-SEEN NOVELLA *BEYOND THE NIGHT*!

In the last hope of night, it will take strength to survive and courage to fight.

ALSO IN THE SERIES



BOOK ONE



BOOK TWO



BOOK THREE

HYPERION

THEDARKESTMINDS.COM

BE ANYTHING BUT BASIC

#ROOMGOALS



eden *comforter set*



marrakesh *comforter set*



aqua ruched chevron *comforter set*

seventeen BEDDING

JCPenney

Available at select stores and ***JCPenney.com/Seventeen***

SEVENTEEN is a trademark of Hearst Communications, Inc.

YOU'RE PURE PLATINUM. YOU'RE WORTH IT.™

LIVE IN PLATINUM

Féria

Lara Stone is wearing
Féria Absolute Platinum
in Extreme Platinum.
#liveincolor

©2015 L'Oréal USA, Inc.



WHICH FÉRIA ARE YOU?
FIND OVER 30 SHIMMERING SHADES
AT **LIVEINCOLOR.COM**

L'ORÉAL™
HAIR COLORIST/PARIS

BEAUTY



seventeen HAUL OF FAME 2015

READY, *set*, SHOP!

Before your next spree, check out these game-changing hauls. *Seventeen* staffers, celebs—and you!—selected the best products from five of your favorite stores, so you can spend your cash with confidence. Turn the page!

BY MADDY ZOLLO

MAIN PHOTO: DANNY CHRISTENSEN/THELICENSING PROJECT. MAKEUP: ALEXANDRIA KIRCHER.

seventeen HAUL OF FAME 2015



MACY'S

Attention, department store divas: Singer Ariana Grande and Beauty Assistant Kate Foster offer their essential luxe buys.

Kate Foster

BEAUTY-COUNTER TIPS

- **Spray Away** When it comes to perfume, try before you buy. "Spray it on your skin to see if it works with your body and chemistry," says Ariana, since scents smell different on everyone.
- **Branch Out** Don't be afraid to try new brands. Chat with pros at different counters and play with the makeup. Pick a day when you aren't in a hurry and just have fun.
- **Look For GWPs** Gifts with purchases are the freebies you get when you spend a certain amount. Find brands that offer them to get more for your money.


Ariana Grande

1 LANCÔME Auda[city] In Paris, $68
"I've always dreamed of going to France. Until then, I'll use this gorge Parisian-themed shadow palette!" –Kate

2 ANASTASIA BEVERLY HILLS Perfect Brow Pencil, $23
"Having dealt with crazy brows my whole life, this tames them and gives me confidence." –17 reader @elyse_paris

3 CLINIQUE Dramatically Different Moisturizing Cream, $26
"This version is even more hydrating than the original." –Kate

4 BAREMINERALS Complexion Rescue Tinted Hydrating Gel Cream, $29
"It gives a flawless yet natural and glowy finish." –Kate

5 ARI BY ARIANA GRANDE Eau de Parfum, $59 for 3.4 oz.
"There are a bunch of very different notes in it, like pear, raspberry, rose, and marshmallow, so it captures lots of different feelings—it's sweet, sexy, soft, and feminine all at once. I wear it every second of every day." –Ariana

6 CHANEL Glossimer in Unity, $30
"Sometimes I use it just at the center of my lips to give them the illusion of being fuller." –Ariana

7 STILA Stay All Day Waterproof Liquid Eye Liner, $22
"The secret to my cat-eye." –Ariana

8 SMASHBOX Photo Finish Foundation Primer Light, $16
"It ensures my makeup stays put all day." –Ariana

KATE: MARTA; LEAH AND MADDY: ALEXANDRIA KIRCHER. STILL LIFES: (BLUE AND PINK SQUIGGLES AND WHITE DABS) J MUCKLE/STUDIO D (5); (MASCARA SWIPE) JOHANSEN KRAUSE; (WHITE SQUIGGLE) PHILIP FRIEDMAN/STUDIO D; (OIL DROPLETS) GREG MARINO/STUDIO D; (ALL OTHERS) JON PATTERSON/STUDIO D. GRANDE: JON KOPALOFF/GETTY IMAGES. STENBERG: DONATO SARDELLA/GETTY IMAGES.

SEPHORA

Actress Amandla Stenberg and Deputy Beauty Editor Marta Topran know a thing or two about looking pretty. This is what they pick up to perfect their looks.

1 BITE BEAUTY Luminous Crème Lipstick in Mulberry, $24
"Love this—a matte lip is edgy and cool." –Amandla

2 TWEEZERMAN Glitterati Python Slant Tweezer, $25
"I do my own brows, and I always go to Sephora for tweezers. These are super-precise." –Amandla

3 TANGLE TEEZER Compact Styler, $20
"Best. Brush. Ever. No snags, no pain, and it feels awesome on your scalp." –Marta

4 MARC JACOBS BEAUTY Highliner Gel Eye Crayon, $25 each
"I'm obsessed with how many bright colors these come in." –Marta

5 URBAN DECAY Naked Flushed, $32
"I just picked this up—it has bronzer, highlighter, and a coral blush in it." –Amandla

6 FORMULA X The Transformers Top Coat in Mind Over Matter, $12.50
"After using this, I'll put a drop of shiny top coat in the center of each nail for a dual-finish effect." –Amandla

7 BUMBLE AND BUMBLE Don't Blow It H(Air) Styler, $30
"This amps up your natural texture, no heat required." –Marta

8 BENEFIT COSMETICS Roller Lash, $24
"Makes my lashes lusciously long." –17 reader @caitlin_jeanxx

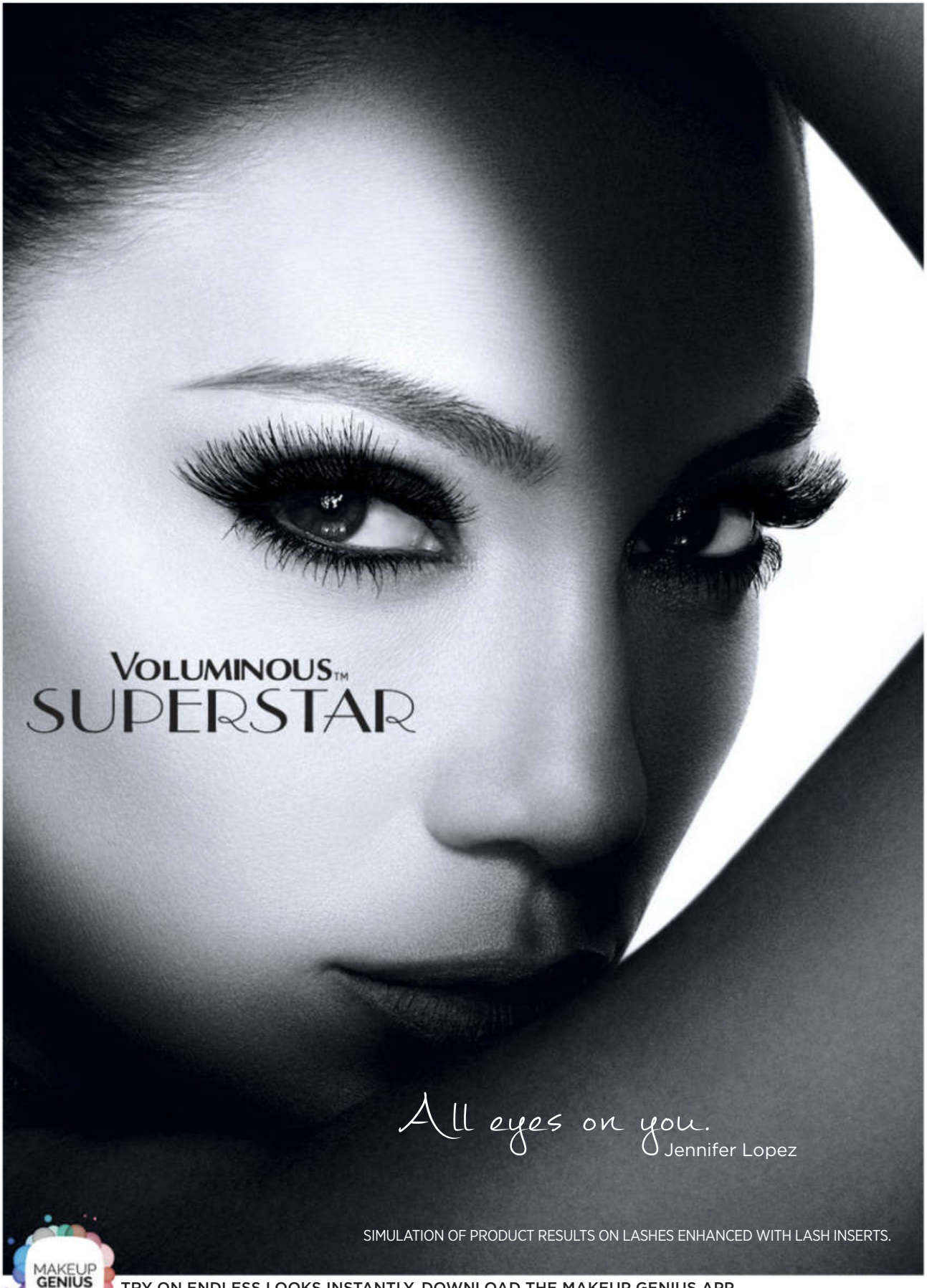

Marta Topran


Amandla Stenberg

GLAM-MECCA TRICKS

- **Stay Focused** Avoid getting distracted by enticing displays. "Go in with a direct mission—if you don't, you'll buy more things," says Amandla.
- **Score Samples** If you can't decide between two products, get testers to take home with you. Sephora offers samples of everything it carries in the store—you just have to ask.
- **Go High-Tech** Use Sephora + Pantone's Color IQ system to scan your skin tone and find the ideal foundation, concealer, and lip color—seriously!
- **Primp and Play** Meet with a beauty adviser for a free mini makeover on the spot, or schedule a 90-minute lesson on something specific, such as contouring or smoky eyes.

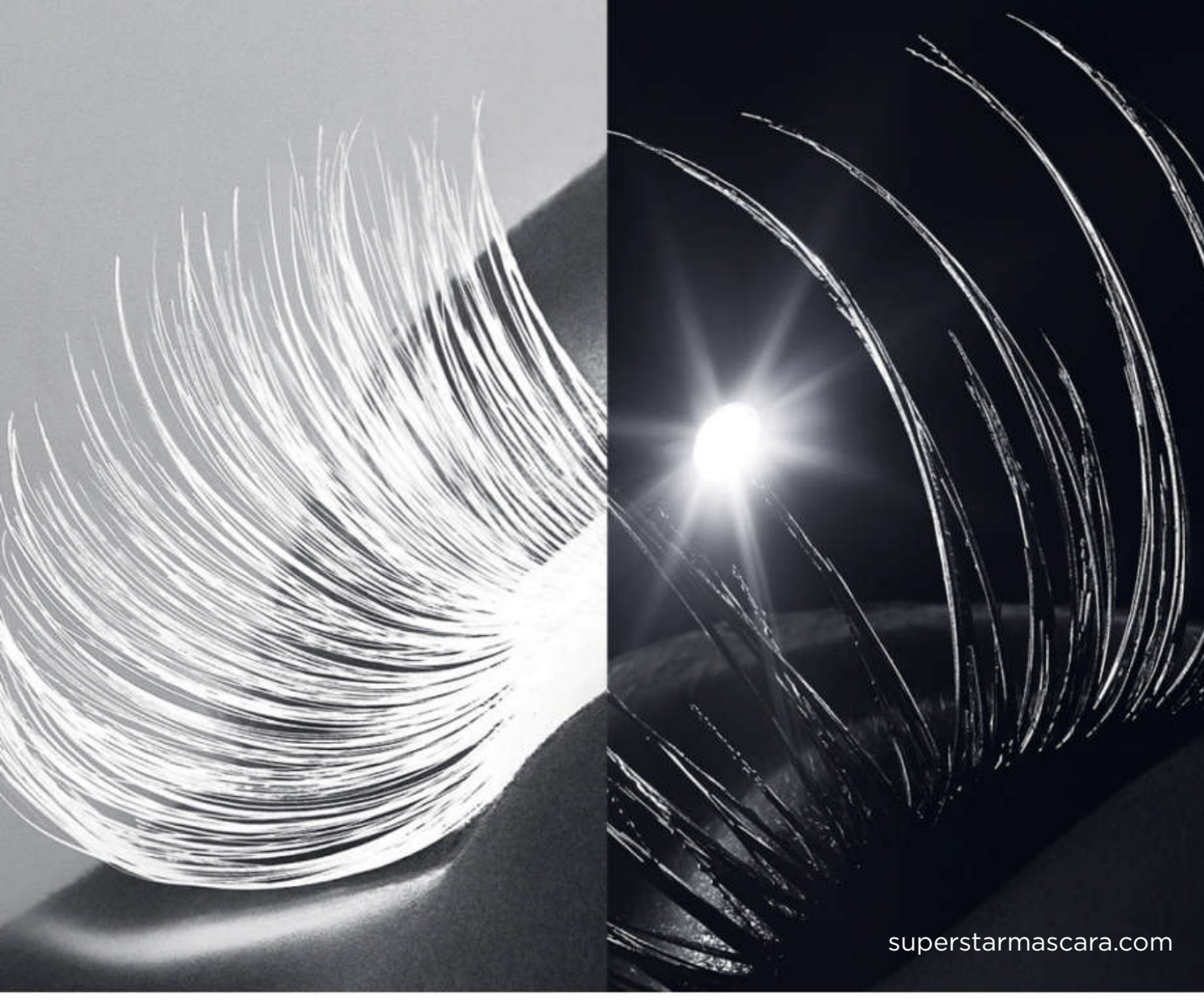




MAKEUP GENIUS

TRY ON ENDLESS LOOKS INSTANTLY, DOWNLOAD THE MAKEUP GENIUS APP.

©2015 L'Oréal USA, Inc.



SUPER-VOLUMIZED, SUPER-EXTENDED, SUPERSTAR LASHES
A SHOW-STOPPING LASH EFFECT

MASCARA ARTISTRY IN A TUBE. VOLUMIZING PRIMER: INSTANTLY THICKENS. BLACK FIBER FORMULA: EXTENDS LASHES TO THE EXTREME. GET READY TO **#BEASUPERSTAR**

BECAUSE YOU'RE WORTH IT.™



L'ORÉAL™
MAKEUP DESIGNER/**PARIS**

AMAZON

YouTube beauty guru Andrea Brooks (@AndreasChoice) and Beauty Smartie Lisette reveal what they add to their cart.


Andrea Brooks

ONLINE STRATEGIES

- **Stock Up** Get deals on items you use a lot (like cotton swabs, makeup sponges, and falsies) by buying in bulk.
- **Be a Shade Master** Don't know which foundation shade is for you? "Search YouTube for the colors you're considering and watch videos to find the hue that works best for a vlogger with a skin tone most similar to yours," says Lisette.
- **Read On** Always look at reviews to make sure an item doesn't have a low rating. "Even if you're in a store and can't decide whether or not to buy a product, look it up on Amazon," says Andrea.
- **Think Ahead** Running low? "Reorder right away," says Lisette. "By the time you're out, the replacement should be there."


Lisette

1 **BODYCOLOGY Toasted Sugar Exfoliating Sugar Scrub, $6**
"I use this to exfoliate before I shave." –Lisette

2 **BATH & BODY WORKS Sweet Pea & Vitamin E Body Lotion, $12.50**
"It's a classic and it puts me in a good mood." –17 reader @lzismn

3 **CLEAN & CLEAR Morning Burst Hydrating Facial Cleanser, $5.50**
"Deeply cleanses and makes me feel ready for the day." –17 reader @classic_not.basic

4 **E.L.F. Studio Complete Coverage Concealer, $3**
"Totally cover up a zit by mixing the shades." –Andrea

5 **DIOR Miss Dior Eau de Parfum, $92 for 1.7 oz.**
"Such a beautiful scent!" –Andrea

6 **BEAUTYBLENDER Red.Carpet, $20**
"I use it to blend and even out my face makeup." –Lisette

7 **COVERGIRL The Super Sizer Mascara by LashBlast, $7**
"Its wand lengthens and thickens my lashes without making them clumpy." –Lisette

8 **L'ANZA Keratin Healing Oil Combing Cream, $40**
"Amazon is great for finding brands (like this) that usually you can only get at the salon." –Andrea





seventeen HAUL OF FAME 2015

WALGREENS

Actress Sasha Pieterse and Executive Beauty Director Leah Wyar give the scoop on their affordable beauty faves.

1 PANTENE PRO-V Full & Strong Power Up Daily Treatment, $5
"Gwen Stefani's stylist, Danilo, recommended this to me. Obsessed!" –Leah

2 TRESEMMÉ Fresh Start Basic Care Dry Shampoo, $5
"It makes every day a good hair day." –17 reader @bommsaway

3 NEUTROGENA Oil-Free Eye Makeup Remover, $8
"On *Pretty Little Liars*, we wear liner that's hard to get off—this works wonders." –Sasha

4 SALLY HANSEN Miracle Gel in Beatnik, $10
"I take this perfect blue to my nail salon. It doesn't budge for a week!" –Leah

5 EOS Smooth Sphere Lip Balm in Summer Fruit, $3
"I can't get enough of the Summer Fruit flavor." –Sasha

6 L'ORÉAL PARIS Colour Riche Le Matte and La Lacque Lip Pens, $10 each
"Lip pencils are having a moment. (Thanks, Kylie!) These last for-*ever*." –Leah

7 DOVE Dry Spray Antiperspirant/ Deodorant, $5.50
"Keeps me dry without staining my clothes." –Leah

8 BURT'S BEES Natural Acne Solutions Targeted Spot Treatment, $10
"This controls my breakouts." –Sasha

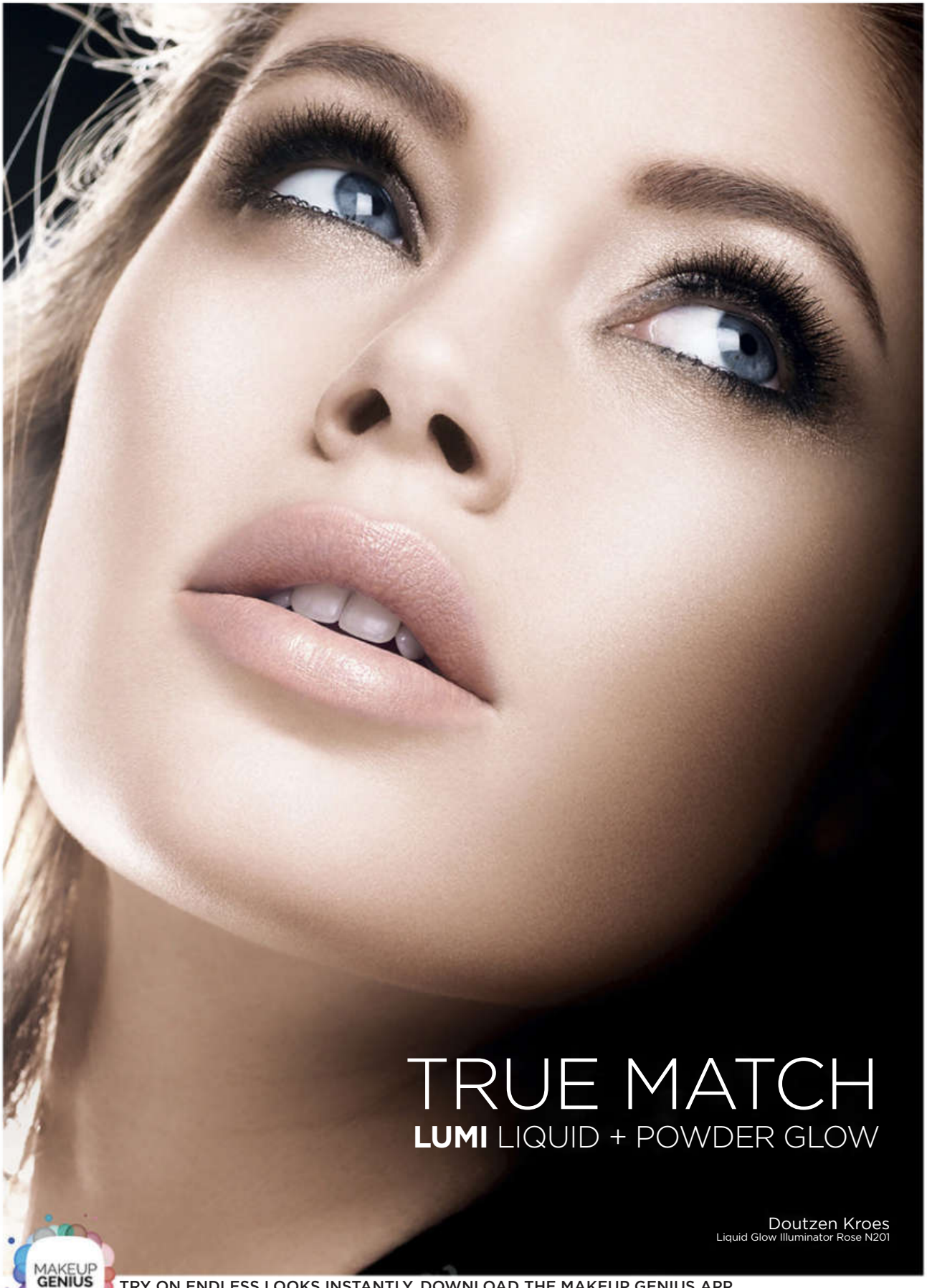

Leah Wyar


Sasha Pieterse

BUDGET BUYING ADVICE

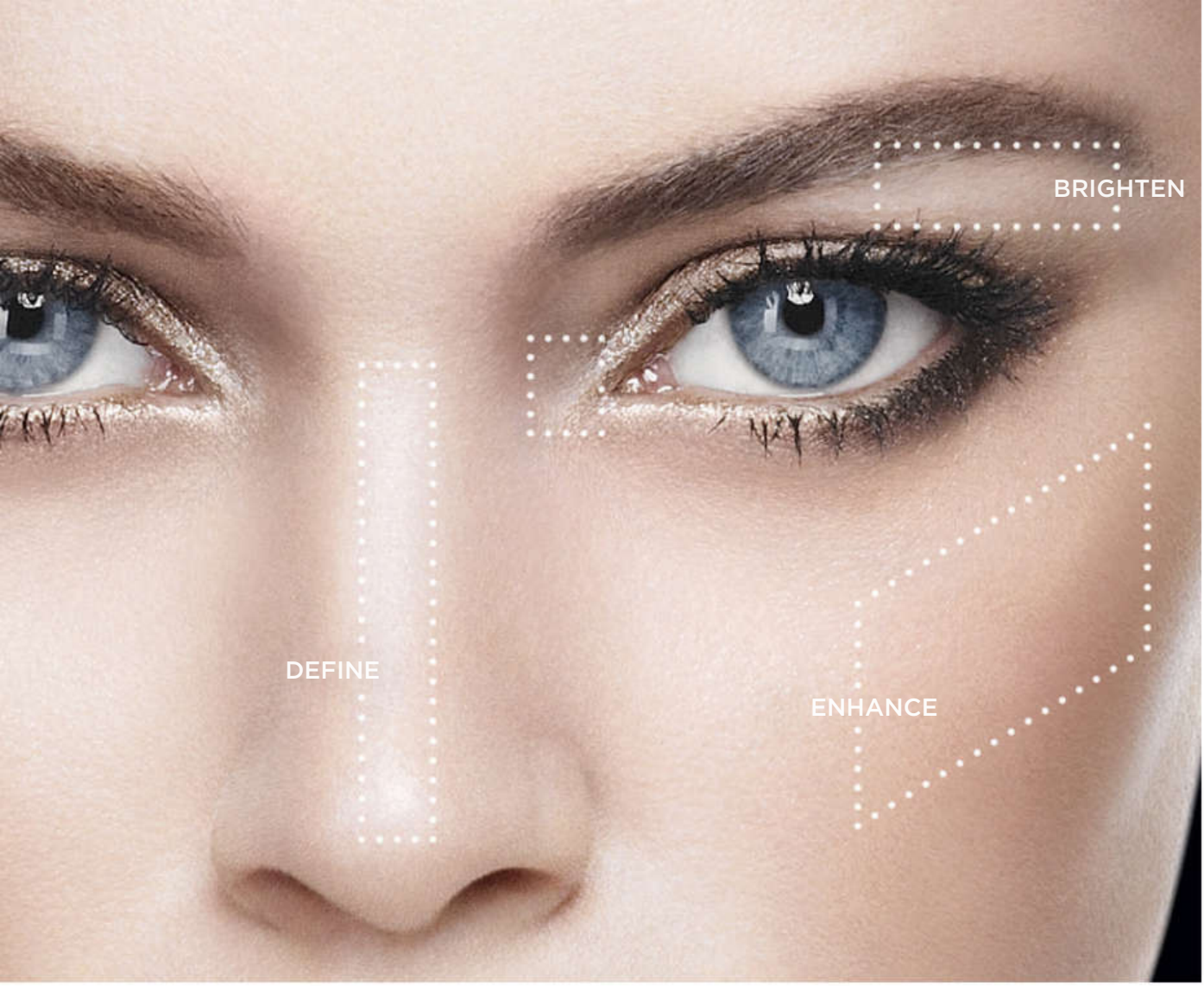
- **See What's New** "Check out the latest launches to find seasonal on-trend shades to experiment with," says Sasha.
- **Seek Rewards** Sign up for a rewards card—it's the easiest way to get deals! Every dollar earns you points—the more you get, the more you save.
- **Meet An Adviser** It's true—you can get personalized advice at the drugstore, too. Trained staffers are in the aisles to help and tell you about Walgreens' exclusive brands you may not know about. Also look out for monthly beauty events to hear about the latest trends and snag freebies.

LISETTE: MARLEY KATE RIZZUTI. FASHION EDITOR: ADAM MANSUROGLU. HAIR: NATHAN ROSENKRANZ USING ALTERNA HAIR CARE AT HONEY ARTISTS. MAKEUP: HECTOR SIMANCAS USING DIOR ADDICT. MANICURE: KELLY B. AT DE FACTO USING DIOR VERNIS. BROOKS: COURTESY OF ANDREA. PIETERSE: JASON LAVERIS/GETTY IMAGES.



TRY ON ENDLESS LOOKS INSTANTLY, DOWNLOAD THE MAKEUP GENIUS APP.

©2015 L'Oréal USA, Inc.



THE ART OF ILLUMINATION

OUR 1ST HIGHLIGHTERS CRAFTED FOR EVERY SKIN TONE

NOW HIGHLIGHT KEY FEATURES OR CREATE SUBTLE CONTOURS WITH LIGHT. DESIGNED IN LIQUID AND POWDER. 3 SHADES: WARM, NEUTRAL & COOL. DISCOVER MORE HIGHLIGHTING TIPS AT TRUEMATCHLUMI.COM

BECAUSE YOU'RE WORTH IT.™



NEW

L'ORÉAL™
MAKEUP DESIGNER/PARIS

seventeen HAUL OF FAME 2015



ULTA

Maddy Zollo

It's your go-to for drugstore and splurge-worthy brands. Singer Tori Kelly and Beauty Editor Maddy Zollo divulge their must-haves.

1 TOO FACED Love Flush Blush, $26
"It instantly wakes up my face." –Maddy

2 REVLON ColorStay Moisture Stain, $10
"Heavy lip products feel weird when I sing with the mic, so I use stains like this—they feel natural and add a little color." –Tori

3 L'ORÉAL PARIS Advanced Haircare Power Moisture 10 Second Hydra-Detangler, $7
"See ya, knots! It's my secret weapon for tangly hair." –Maddy

4 VENUS Snap with Embrace Razor, $10
"One of my travel essentials. Plus, it's so cute and mini." –Maddy

5 MAYBELLINE NEW YORK Baby Lips Lip Balm, $4.50 each
"It glides on so nicely." –17 reader @katherine.s_

6 OUIDAD Wave Create Texture Taffy, $26
"Awesome for my curls—I don't go anywhere without it." –Tori

7 SIMPLE SKINCARE Protecting Lightweight Moisturizer with SPF 15, $11
"A multitasker that hydrates and blocks the sun." –Maddy

8 GARNIER BB Cream Miracle Skin Perfector Anti-Acne, $13
"Provides coverage while treating zits . . . genius!" –Maddy


Tori Kelly

MEGASTORE SHOPPING IDEAS

- **Experiment** The testers are there for a reason—to play with! "I love having fun with stuff I wouldn't usually wear," says Tori.
- **Find Your Styler BFF** Each store has a section where you can test out hot tools like blow-dryers and irons, so you can find the perfect one.
- **Check Out Sales** Don't be shy about grabbing a clearance item. "Once, I grabbed a cheap body wash as I was waiting in line and ended up loving it," says Tori.
- **Treat Yo' Self** Take a shopping break and swing by the store's salon—they can cut, color, and style your hair right there!

KELLY: LARRY MARANO/GETTY IMAGES

DULL HAIR? CHANGE IT. GLOSS IT.
NOW TAILOR-MADE CARE WITH GLYCO-SILK.





NEW

NUTRI-GLOSS

HIGH SHINE SHAMPOO

- OUR 1ST SHAMPOO SYSTEM THAT ACTS LIKE A GLOSSING TREATMENT WITH EVERY USE
- THE SYSTEM INCLUDES SHAMPOO, CONDITIONER + GLOSSING MIST
- HELPS SEAL IN NUTRITION TO EVERY STRAND

THE POWER OF BEAUTIFUL HAIR. EVERY DAY.

L'ORÉAL
ADVANCED HAIRCARE/PARIS

©2015 L'Oréal USA, Inc.

be a BLEACHER BABE

Tackle the elements and score an unbeatable look with these all-star beauty plays.

BY KATE FOSTER

The Opponent: DRY SKIN

Your Defense:
Thank the low humidity for all those flakes. Up your face's moisture without clogging pores by using a gel with super-hydrating hyaluronic acid (like Neutrogena Hydro Boost Water Gel, $19, neutrogena.com). As for your bod: Before you towel off postshower, slather on a lotion made for wet skin (try Jergens Wet Skin Moisturizer, $7, drugstores) to lock in H_2O.

The Opponent: HAT HAIR

Your Defense:
Hair oil is your quickest static fix (try Dove Pure Care Dry Oil Nourishing Treatment, $13, dove.com). "Put a drop on your fingertips and gently smooth the oil through hair, focusing on ends," says Kim M. Ferry, the head hairstylist on *Pretty Little Liars.*

The Opponent: A SNEAKY SUNBURN

Your Defense:
Sunblock—of course. Don't be fooled by lower temperatures or overcast skies. "UV rays are just as strong as when it's warm," says dermatologist Marnie B. Nussbaum, M.D. Reapply your SPF midgame—and keep your look on point—with a cool new makeup-setting sunscreen spray (like Coola SPF 30 Organic Makeup Setting Spray, $36, coolasuncare.com).

Go Matchy-Matchy
A coordinating scarf and lips draw major attention to your cheering. Red on red is a classic (we like CoverGirl Outlast Longwear Lipstick in Red Rouge, $9, drugstores) or try burgundy, pink—even purple.

Rock Spirit Fingers
Paint each hand's nails a different team color to show mega-support. (Here: Zoya Nail Polish in Sia, $9, zoya.com, and OPI ColorPaints in Primarily Yellow, $9.50, ulta.com.)

HAIR: CESAR RAMIREZ, GLOBAL ARTISTIC DIRECTOR FOR MIZANI. MAKEUP: TINA TINANBOW USING DIOR SKIN NUDE. MANICURE: MISS POP USING CHANEL LE VERNIS.



Blush It On

Be the captain of the rosy-cheeks squad. Swipe on a cream blush (like Maybelline New York Face Studio Master Glaze Glisten Blush Stick, $9, maybelline.com), then blend for a dewy, natural vibe.

The Opponent: CHAPPED LIPS

Your Defense:

Your pout doesn't produce oil like the rest of your body, so come winter, lipstick can be *sooo* drying. Before you apply, gently exfoliate lips with a damp washcloth and then swipe on a rich lip balm with UV protection (like Blistex Soft & Lush, $3.50, drugstore.com)—your lip color will go on way smoother.

The Opponent: CRACKED HANDS

Your Defense:

The night before the game, apply petroleum jelly to hands and then sleep with cotton gloves on—the warmth will help softening ingredients absorb better. Still dry in the a.m.? Rub on a cuticle balm (like Sally Hansen Cuticle Eraser + Balm, $8, drugstores) before hand cream.

Plait to Win

Braids and a hat are a champion combo. Side-part your hair, then start a French with the bigger section, continuing all the way around your head. Pin the tail in place above your ear.

FAR LEFT: JACKET Reiss. ***TOP*** Marissa Webb. ***SCARF*** Merona. ***RINGS*** (middle finger) PANDORA Jewelry; (pointer) Stella & Bow. ***SECOND FROM LEFT: JACKET*** Hilfiger Collection. ***SWEATER*** Torn by Ronny Kobo. ***SKIRT*** Karen Walker. ***HAT*** Express. ***GLOVES*** American Eagle Outfitters. ***THIRD FROM LEFT: SWEATER AND TURTLENECK*** Hilfiger Collection. ***JEANS*** DSTLD. ***BRACELET*** STANMORE. ***RIGHT: JACKET*** VEDA. ***DRESS*** Coach. ***HAT AND SCARF*** Forever 21. ***JEWELRY*** Stella & Dot.

Photograph by **Aaron Richter**
Styled by **Adam Mansuroglu**

ADVERTISEMENT

at first SIGHT

with ACUVUE® BRAND CONTACT LENSES











The first time I traveled abroad

for my one-month study program in Ghana, I basically felt like I was going a ~~thousand~~ million miles away!! When my plane (finally!) landed, I had all the feels of a new traveler... happy, nervous and scared. But, once I was greeted by a group of super friendly local college students, my fear of living in a different country totally vanished. All I saw was my EPIC JOURNEY AHEAD!!! Now, I can say I climbed the tallest mountain in Ghana, saw all the amazing sights the country has to offer and made new friends who I can't wait to visit again. #THANKFUL

Breanna (@mini_marley)

watch my "at first sight" story at youtube.com/seventeen



There is a promotional agreement in place between ACUVUE® and Seventeen (including Breanna).


ACUVUE®
BRAND CONTACT LENSES
THE LENS THAT CHANGES
Everything™
THE LENS THAT CHANGES
The Horizon.
And just like that it all became worth it.
The 3:30am wake-up. The 3,947 steps to the top.
And now, finally, here I am. Just me and the rising
sun. So put the camera down and enjoy the show.
Because I don't want to forget this moment.
Important information for contact lens wearers:
ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately.
For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com
©Johnson & Johnson Vision Care, Inc. 2015
ACUVUE® is
the world leader in
contact lenses, built with
EYE-INSPIRED™ Design.
ASK YOUR DOCTOR
FOR ACUVUE® BRAND
acuvue.com

your November MANI-SCOPE

Rose Theodora, astrologer and color expert at L.A. nail salon Enamel Diction, spills the ideal shade for your sign.

BY KATE FOSTER

Scorpio

Learn to trust your intuition this month—a bright **indigo** will help give you the confidence.

COVERGIRL Outlast Stay Brilliant Nail Gloss in Eternal Oceans, $5.50, covergirl.com

Sagittarius

What struggles? Defy a downer this month with glitzy **silver** tips.

OPI Infinite Shine Gel Effects Summer in Silver on Ice, $12.50, ulta.com

Capricorn

It's time to work hard; the boldness of **burgundy** will strengthen you.

MAYBELLINE NEW YORK Color Show Nail Lacquer in Wine and Forever, $4, drugstores

Aquarius

Hit the library with a minimalist **black** mani so you'll fully focus on *every single page.*

MAC COSMETICS Studio Nail Lacquer in Nocturnelle, $12, maccosmetics.com

Libra

A happy **apple red** plus solo time is your ultimate equation for self-love. Soak it in.

BUTTER LONDON Patent Shine 10X in Smashing!, $18, butterlondon.com

Pisces

Commit to snagging your crush. Flirty **shimmering lilac** brings out your inner rom-com star.

ESSIE in Full Steam Ahead, $8.50, essie.com

Virgo

You're maturing lately. A grown-up **champagne** shade helps you heart all the changes.

ZOYA Nail Polish in Glimmer, $9, zoya.com

Aries

We know, your whole world feels totally OOC. A **charcoal-gray** polish will provide instant Zen.

CHANEL Le Vernis Nail Colour in Orage, $27, chanel.com

Leo

Gulp. You've got something major to tell your fam, don't you, Leo? **Hot pink** gives you the courage to spit it out, already.

DIOR Vernis in Front Row #769, $27, dior.com

Taurus

Got huge dreams? This is the month you totally rock 'em. Go big or go home with **glittery crimson.**

CHINA GLAZE Ruby Pumps, $7.50, ulta.com

Cancer

Between school and your squad, everyone wants your time. Catch a moment with a few coats of calming **greige.**

FORMULA X The Colors in Extraordinary, $10.50, sephora.com

Gemini

The chilly weather is bumming you out, but soft and sweet **baby pink** will remind you of spring.

RIMMEL LONDON Salon Pro Nail Color with Lycra by Kate Moss in New Romantic, $3, rimmellondon.com

STILL LIFES STYLIST: SARAH GUIDO AT HALLEY RESOURCES.





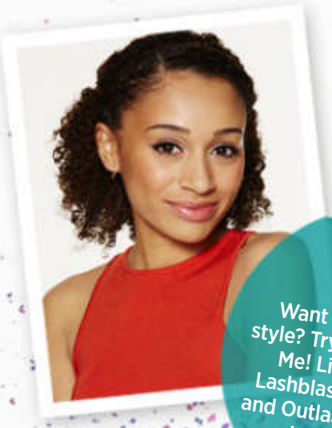
#STOCKYOURSTASH with our Ultra Thin pads featuring the Xpress DRI* cover for crazy fast absorption to help stop leaks.

GRAB A FREE SAMPLE AT UBYKOTEX.COM

U by kotex

busted-makeup HACKS

Got a product in pieces? Fix it, don't ditch it, with these DIY tricks from our **Beauty Smartie, Lisette.**



Get Her Look
Want Lisette's polished style? Try CoverGirl Intensify Me! Liquid Eyeliner by Lashblast ($9, drugstores) and Outlast Illumina Lipcolor in Twilight Coffee ($10, drugstores).

Cracked PRESSED POWDER

1. Use a butter knife to smash any remaining product into tiny, loose particles.
2. Slowly pour a small amount of rubbing alcohol over the powder, stirring with a toothpick as you go.
3. Keep adding rubbing alcohol until the mixture has the consistency of a paste.
4. Smooth out the paste with the knife and let it dry overnight. (By the way, you can use this trick on any pressed products, like eyeshadows, blushes, and bronzers).

LISETTE'S TIP: "Do this over a sink—if you make a mess, you can just wash the powder down."

Dried-Out MASCARA

1. Figure out why it's dry. Did you leave it slightly open by accident or is the mascara more than six months old? If it's old, toss it—it could contain harmful bacteria.
2. Remove the wand and add two drops of a contact-lens rewetting solution to the tube.
3. Put the wand back into the tube and then swirl around to mix.

LISETTE'S TIP: "Moving the wand around is essential to mix everything. It may take you a few tries to get the consistency right."

Broken LIPSTICK

1. Use a lighter to slightly melt the bottom of the broken-off bullet. Be careful not to burn yourself.
2. Quickly reattach the broken piece to the lipstick left in the tube.
3. Smooth out the joined edges with a toothpick or a cotton swab and then put the tube in the freezer until the color is hard again.

LISETTE'S TIP: "Hold the broken bullet with a paper towel to avoid getting lipstick all over your fingers."

Clumpy POLISH

1. Slowly add a few drops of nail polish thinner to the bottle. (Try Orly Nail Lacquer Thinner, $5.50, orlybeauty.com.)
2. Screw the lid back on and then roll the bottle (don't shake—it creates bubbles!) between your hands to mix.
3. Swipe the polish on your nail or a piece of paper to make sure it's clump-free.
4. Repeat steps 1 through 3 until the result you finally get is a smooth, flawless coat.

LISETTE'S TIP: "Be patient—I had to add lacquer thinner several times before the polish looked even."

SEVENTEEN.COM/LISETTE Lisette shares her fave fall tutorials and trends!

LISETTE: MARLEY KATE MIZZI; FASHION EDITOR: ADAM MANSUROGLU. HAIR: NATE ROSENKRANZ USING ALTERNA HAIRCARE. MONEY: ARTISTS MAKEUP: HECTOR SIMAN CASTILLO USING DIOR ADDICT. ON LISETTE: TANK, JORN BY RONNY KOBO; SHELL LIFE: ICRUSHED MAKEUP: LARRY WASHBURN/BRAND X PICTURES/GETTY IMAGES.

COVERGIRL®

EASY BREEZY BEAUTIFUL

THE SMOKY KITTEN EYE



Draw Attention

TO YOUR EYES

Talent is wearing lash inserts.

1 Perfect Point
EYELINER
Self-sharpening & smudge tip

2 LashBlast
VOLUME MASCARA
Mega volume in an instant

3 Pow-Der Brow
& LINER
Soft powder fills & defines brows

©2015 P&G



"I CAN'T STOP *picking my skin*"

How do you know when an innocent habit has turned into something way more serious? One writer shares her journey.

BY JILLIAN RUFFO

When I started high school, I convinced my parents to let me get my curly hair straightened. Afterward, I felt an itch on my head. I remember it vividly—standing in my living room and feeling a scab from a chemical irritation. I scratched it off my scalp and instantly something in my mind clicked: Picking that scab felt . . . soothing. Every day my fingers returned to the spot. When there was nothing left to pick, I started to scratch at dry patches or bumps until they bled, covering my head in scabs.

HIDING MY HABIT

In the years that followed, whenever I was stressed—by school, boy drama, even an episode of *PLL*—or simply bored, I picked. Doing it made me feel guilty and even more anxious, which caused me to pick more. My parents and my boyfriend were aware of my habit, but they didn't realize how bad it was. I'd get some relief by styling my hair, spending hours blow-drying, straightening, and curling it, because the compliments I'd receive on my perfect waves would allow me to temporarily forget what they were hiding. No one could see that my scalp burned for hours after washing it, because the shampoo irritated dozens of open wounds. And they had no clue that when I looked in a mirror, it wasn't for touch-ups but to make sure I'd gotten all of the skin flakes out of my hair. I was constantly nervous that I'd be caught. In fact, a simple "You have something in your hair" sent a rush of fear through me.

FINDING A FIX

After college, I moved to New York and landed my dream magazine job, where I randomly got an e-mail about trichotillomania, a disorder in which people compulsively pull out their hair. The psychological symptoms seemed similar to mine: the relief that it creates, the inability to stop doing it, and the emotional distress it causes. More googling led me to trich.org, where I saw the question I had always been too scared to search for: "What is skin picking?"

I discovered I have a real problem that the American Psychiatric Association calls excoriation disorder. (An excoriation is a scratch.) And I learned there is a treatment for it, too: cognitive behavior therapy and habit-reversal training. Basically, I had to learn how to adjust my actions and emotions. After 10 years of picking, I was ready to try.

I found a specialist, Ethan Gorenstein, Ph.D., the clinical director of the Behavioral Medicine Program in Columbia University's Department of Psychiatry, and walked into his office, hopeful for a cure. We talked about my picking (which, he confirmed, is triggered by anxiety), and as part of my treatment, he asked me to jot down every time I picked for a week, so I'd be more aware of it. When I went back for my next session, my habit had decreased almost entirely. It was working!

My excitement was short-lived. The following weeks were more difficult, I got discouraged, and my anxiety and frustration grew. But when a stylist explained that if I didn't stop picking, I could wind up with thinning hair or even bald patches, everything started to turn around.

THE FINAL STRETCH

It's been four months since I began treatment. I'm not healed, but I'm doing a lot better. My recovery goes in waves; some days I won't pick at all, and some days I pick a lot. But now it no longer feels therapeutic; it just feels habitual and mindless—a major step that gives me hope. When I can, I wear a baseball cap to prevent myself from touching my scalp; a stress ball keeps my hands busy. And although the scars on my scalp may not go away, they'll remind me of how far I've come.

Do You Need Help?

We all take part in grooming bad habits, like hair twirling or occasional nail biting, but how do you know if it's gone too far? "If you've become distressed or feel guilty about the habit, if it interferes with your life—makes you late to class or causes embarrassment—or if you're causing physical damage like scabs or infections, you may need to seek treatment," says Dr. Gorenstein. Go to trich.org for more info.

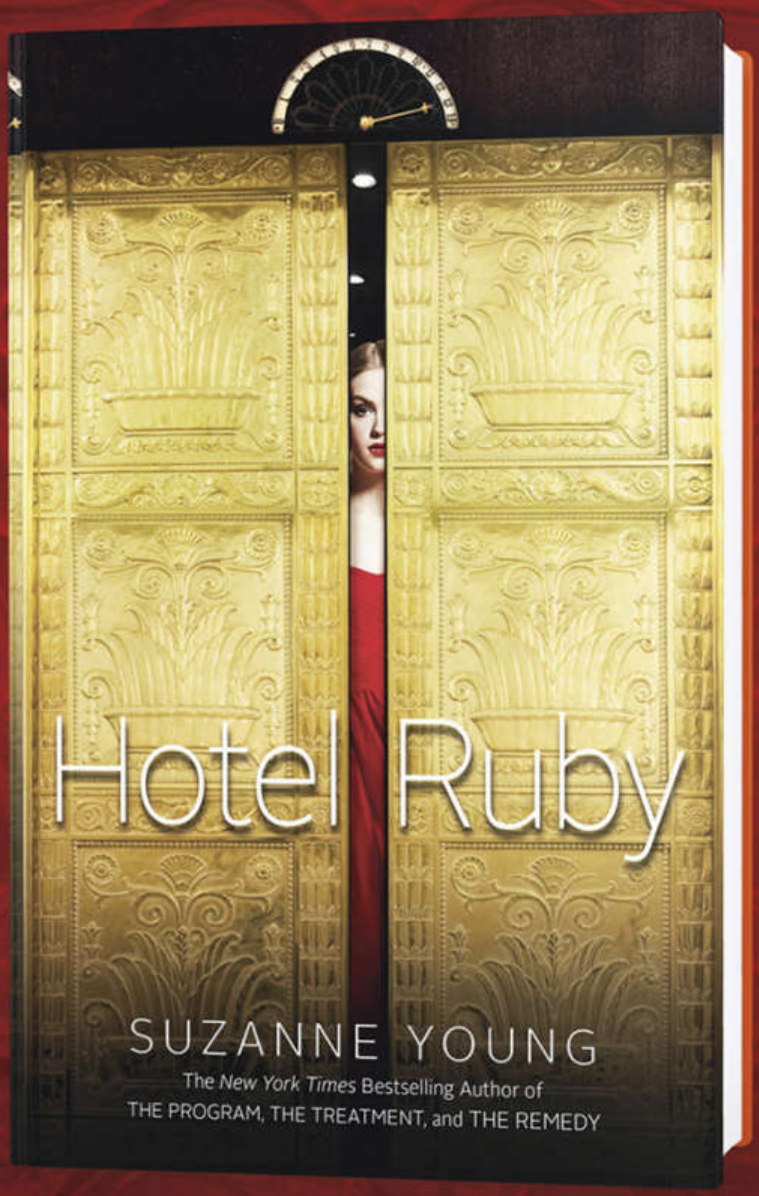
PHOTO: CHRIS ECKERT/STUDIO D.

Do you have a story to share? E-mail YOURSTORIES@SEVENTEEN.COM to let us know about it!


Boscov's
boscovs.com

From the bestselling author of
THE PROGRAM, *THE TREATMENT*, and *THE REMEDY*

Stay Tonight.



Stay Forever.

Enter the world of *THE PROGRAM* and *THE REMEDY*



Start reading free at SuzanneYoungAuthor.com

SIMON PULSE

BODY& HEALTH

IN GOOD taste

Crush it in the kitchen with these delish recipes full of fruits and vegetables (you know, the original vine stars). »»

by ANDREA STANLEY
Recipes by SHIRA LENCHEWSKI, M.S., R.D. (@SHIRA_RD)



HEY, HEALTHY!
Are you getting enough FNV (aka fruits and veggies)? You should be eating 1½ cups of fruit and 2½ cups of veggies every day. For more info, visit fnv.com. #teamFNV, FTW!



Beet Dip

Serves: 4–6

INGREDIENTS:

- **3 medium beets**
- **1 small garlic clove, minced**
- **½ cup plain 2 percent Greek yogurt**
- **2 tablespoons extra virgin olive oil**
- **½ teaspoon pure maple syrup**
- **Sea salt to taste**

Preheat oven to 350 degrees. Place beets in a small roasting pan and add ⅛ cup water. Cover with foil and bake one hour or until tender. Let cool. Peel the beets (be careful when handling—they'll turn your clothes red!), cut them into wedges, and place into a food processor. Add the garlic and yogurt, and pulse until blended. Add the olive oil and maple syrup; puree. Season with salt. Serve with your fave sliced veggies.

ILLUSTRATIONS: GRETCHEN ROEHRS.



No-Bake *Apple* "Cookies"

Serves: 4

INGREDIENTS:

- **4 medium apples**
- **½ cup unsweetened almond butter**
- **½ cup unsweetened shredded coconut**
- **Cinnamon**
- **Sea salt to taste**

Remove cores. Stand apples upright and make thin slices from top to bottom. Spread almond butter over one side. Top with coconut, cinnamon, and sea salt.



Orange & Pomegranate Salad

Serves: 6

INGREDIENTS:

- **6 oranges**
- **½ cup extra virgin olive oil**
- **½ cup apple cider vinegar**
- **2 large bunches of spinach, washed**
- **1 four-ounce package of pomegranate seeds**
- **1 shallot, thinly sliced**

Cut the top and bottom off each orange; carefully slice off the peel. Cut into ½-inch slices. Combine oil and vinegar; pour over spinach in a large bowl, and toss to coat. Top with orange slices, pomegranate seeds, and shallot.

SKIN IS IN
No peeling allowed! The apple's outer layer is loaded with fiber, which helps balance out the juicy fruit's natural sugars.

ORANGE YOU OBSESSED?
A few slices of the super citrus pack plenty of vitamin C—a proven mood booster!



Kale Pizza With Butternut Squash

Serves: 4–6

INGREDIENTS:

- **4 heaping cups butternut squash, peeled and cubed**
- **Extra virgin olive oil**
- **4 whole wheat pitas**
- **1½ cups shredded mozzarella cheese**
- **4 large kale leaves, rinsed and torn into bite-size pieces**
- **Salt and pepper to taste**

Preheat oven to 425 degrees. Place squash in a single layer on two baking sheets lined with foil or parchment. Drizzle with olive oil, sprinkle with salt and pepper, and toss to coat. Bake the squash, stirring once or twice, until it's soft and beginning to become golden brown (about 30 to 40 minutes). Puree squash in a blender. Increase oven temperature to 450 degrees. Place pitas on a baking sheet and top with squash puree, cheese, and kale. Bake 15 minutes, or until edges begin to brown and cheese is melted.

HAIL TO KALE!
The leafy green is full of good-for-you nutrients—including vitamin E, which makes your skin super-soft.

OH, MY SQUASH!
All the vitamins found in gourds help with a whole bunch of things, like keeping your hair and eyes healthy.



Zucchini Frittata

Serves: 6

INGREDIENTS:

- **4 medium zucchini, thinly sliced**
- **½ cup extra virgin olive oil**
- **1 shallot, finely chopped**
- **12 large eggs**
- **½ cup Parmesan cheese**
- **Salt and pepper to taste**

Wrap zucchini slices in paper towels and squeeze until dry. Heat half the oil in a medium pan over medium heat. (Spray with oil if using a pan that isn't nonstick.) Add half the shallot and half the zucchini; cook for 8 minutes or until tender. Beat the eggs in a large bowl, then mix in cheese; sprinkle with salt and pepper. Add half the egg mixture to the pan and stir gently to mix the cooked zucchini and shallot into the eggs. Cover the pan and cook over medium-low heat until the edges are golden brown and the center is cooked; about 8 minutes. Carefully lift it out with a spatula. Saute remaining zucchini and shallot and pour in remaining egg mixture to make a second frittata.



Meet the Illustrator: Gretchen Roehrs

INSTAGRAM: @groehrs

HOMETOWN: Marshall, Missouri

HOW SHE GOT INTO ART: "I've been drawing with food since my parents put bowls in front of me when I was in a high chair."

FAVE FOOD TO PLAY WITH: "I love working with banana peels. They're pliable—and I'm not tempted to eat them!"

FAVE LOOK: Jumpsuits!

PRODUCE INSPIRING HER NEXT LOOK: "I'd love to use a pineapple. Yellow is my favorite color, and pineapples are so fun-looking!"

DESIGNER WHO INSPIRES YOUR DRAWINGS: "The clothes the Rodarte sisters put down the runway. They have pulled inspiration from van Gogh to *Star Wars*."

ON HER PROCESS: "It only takes a couple minutes—any longer and I'd be eating my materials. Sometimes I arrange the produce and see if I can make it into an interesting shape. Other times I draw the beginnings of a figure first and place the food on top!"

UP NEXT: "It would be fun to do a book of recipes with my illustrations."

ROEHRS: COURTESY OF GRETCHEN.

Calling All
SOCIAL NETWORKING
Superstars

Seventeen is looking for our top social networkers to join the exclusive Seventeen Social Club. As a member, you could...

- Receive FREE products to try and share your thoughts with your social network
- Get VIP access to cool events in your area
- Receive the inside scoop on discounts and special offers
- Even appear in the pages of Seventeen



seventeen
SOCIAL CLUB

Tell us why you should be part of the Seventeen Social Club at
SEVENTEENSOCIALCLUB.COM

TRENDING @SEVENTEEN
SWEEPS EVENTS PROMOS

"AT FIRST SIGHT" WITH ACUVUE® BRAND CONTACT LENSES

"The first time I uploaded a video online…I closed my eyes, clicked the 'Publish' button, and walked away. Why was I so nervous?! **It was just a video of my groceries!** But now, **I love seeing my videos come to life** and connecting with my viewers everyday."
– **Carrie (@carrie_rad)**



Watch Carrie's "At First Sight" story at **youtube.com/seventeen**!

ACUVUE
BRAND CONTACT LENSES
THE LENS THAT CHANGES *Everything*™

There is a promotional agreement in place between ACUVUE® and Seventeen (including Carrie).

UPDATES FROM SEVENTEEN, ON-THE-GO!

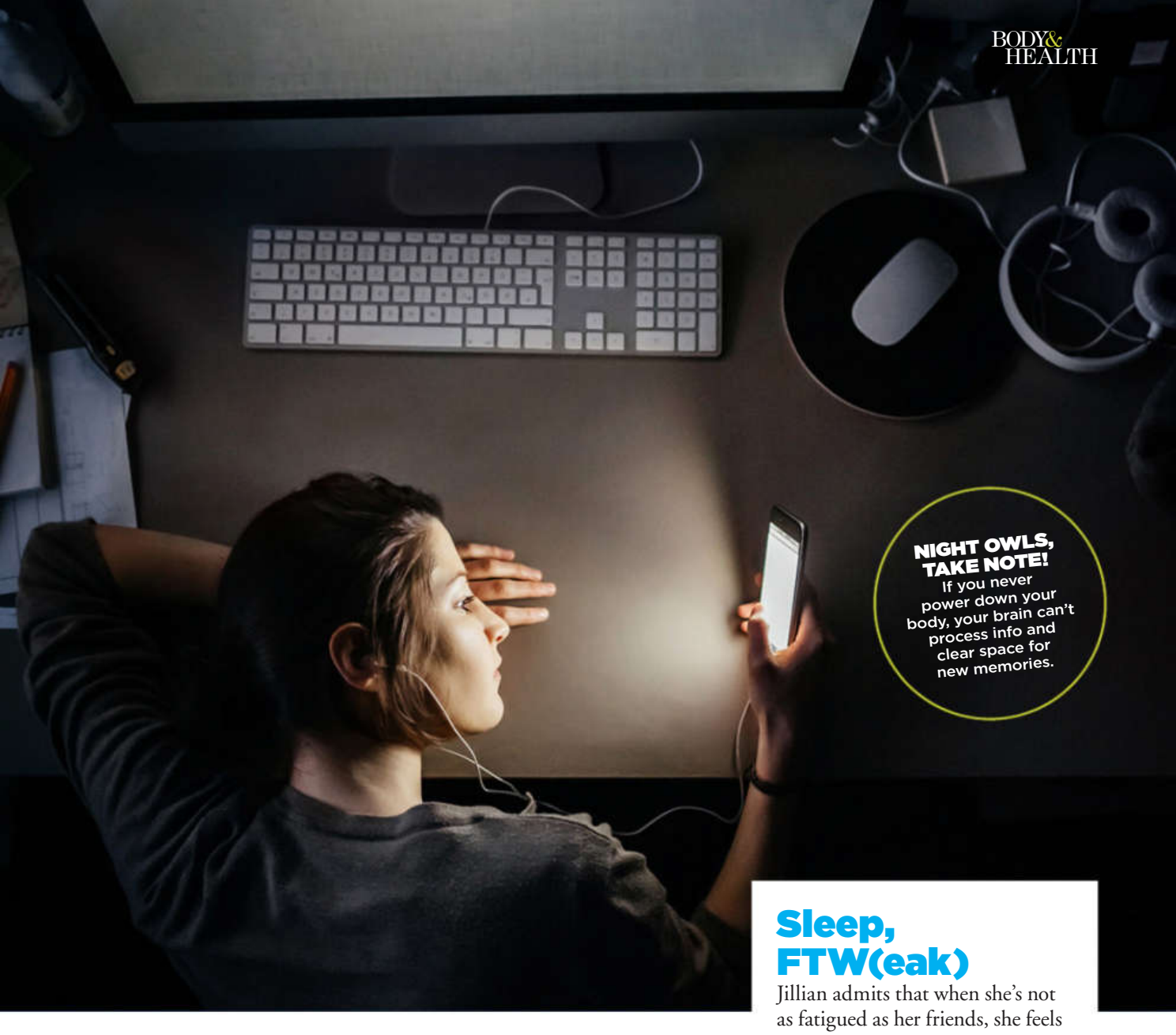
Join the **Seventeen Mobile Club**! Get the inside scoop about events, sweeps, special offers and more delivered right to your phone.

Join the 17 Mobile Club!

Text **17** to **467467** to join today!

Message and data rates apply. You will receive one text message confirming your entry. Text OUTSEV to quit and HELP for help/info. ShopText has a no-spam guarantee. Contact your carrier for pricing plans and details. Visit seventeen.com/about/privacy-policy for more information.

Scholarships
FIDM
Fashion Club .com
PRIZES
FASHION TIPS
TEXT "FC17" TO 57682 TO SUBSCRIBE TO OUR MONTHLY EMAIL.
MSG&DATA RATES APPLY. REPLY STOP TO CANCEL, HELP FOR HELP.



The Cult of NO SLEEP

Inside the scary world of all-nighters, where the more tired you are, the more accepted you feel. **by ANDREA STANLEY**

The kids at Kate's high school are exhausted, drained, run-down—and never get sick of boasting about it. "Not sleeping gives you bragging rights—everyone is weirdly proud of how tired they are," says Kate, 18, from St. Joseph, Missouri. "It's like, 'Look how involved I am! I hardly sleep! But I can do all these things!'"

There's no rest for the stressed at Jillian's high school in Tulsa, Oklahoma, either. "It's basically a trend to have too much to do to sleep," explains the 18-year-old senior. "People use it as a way to fit in."

Sleep, FTW(eak)

Jillian admits that when she's not as fatigued as her friends, she feels excluded. "Last year during AP testing, a lot of my friends were taking multiple tests, and I was only taking one," she says. "The whole week people were talking about staying up late to cram, but I wasn't because I didn't have as much to study for. I felt left out, like an outcast."

It's not merely the hope of a good grade that leads you to keep zombie hours: "My friends are up late on social media, too," Jillian says. When it comes to choosing sleep over a 1 A.M. Snapchat sesh, "It always sucks when it feels like you're missing out."

Jillian's and Kate's high schools aren't the only places where

MAIN PHOTO: ERHARD WERNER/MINAMOTO IMAGES/STOCKSY (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY)

IMPORTANT INFORMATION ABOUT

EPIDUO® GEL

(adapalene and benzoyl peroxide) Gel, 0.1% / 2.5%

BRIEF SUMMARY

This summary contains important information about EPIDUO (EP-E-Do-Oh) gel. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start using EPIDUO gel. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about EPIDUO gel. For full Prescribing Information and Patient Information please see the package insert.

WHAT IS EPIDUO GEL?

EPIDUO gel is a prescription medicine for skin use only (topical) used to treat acne vulgaris in people 9 years of age or older. Acne vulgaris is a condition in which the skin has blackheads, whiteheads, and pimples.

WHO IS EPIDUO GEL FOR?

EPIDUO gel is for use in people 9 years of age and older. It is not known if EPIDUO gel is safe and effective for children younger than 9 years old.

Do not use EPIDUO gel for a condition for which it was not prescribed. Do not give EPIDUO gel to other people, even if they have the same symptoms you have. It may harm them.

WHAT SHOULD I TELL MY DOCTOR BEFORE USING EPIDUO GEL?

Before you use EPIDUO gel, tell your doctor if you:

- have other skin problems, including cuts or sunburn.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if EPIDUO gel can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if EPIDUO gel passes into your breast milk and if it can harm your baby. Talk to your doctor about the best way to feed your baby if you use EPIDUO gel.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

- Especially tell your doctor if you use any other medicine for acne. Using EPIDUO gel with topical medicines that contain sulfur, resorcinol or salicylic acid may cause skin irritation.
- Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

WHAT SHOULD I AVOID WHILE USING EPIDUO GEL?

- You should avoid spending time in sunlight or artificial sunlight, such as tanning beds or sunlamps. EPIDUO gel can make your skin sensitive to sun and the light from tanning beds and sunlamps. You should wear sunscreen and wear a hat and clothes that cover the areas treated with EPIDUO gel if you have to be in the sunlight.
- You should avoid weather extremes such as wind and cold as this may cause irritation to your skin.
- You should avoid applying EPIDUO gel to cuts, abrasions and sunburned skin.
- You should avoid skin products that may dry or irritate your skin such as harsh soaps, astringents, cosmetics that have strong skin drying effects and products containing high levels of alcohol.
- You should avoid the use of "waxing" as a hair removal method on skin treated with EPIDUO gel.
- EPIDUO gel may bleach your clothes or hair. Allow EPIDUO gel to dry completely before dressing to prevent bleaching of your clothes.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF EPIDUO GEL?

The most commonly reported side effects when using EPIDUO gel include erythema, scaling, dryness, application site irritation, stinging and burning.

Depending upon the severity of these side effects, patients should be instructed to use a moisturizer, reduce the frequency of the application of EPIDUO gel, or discontinue use.

Tell your doctor right away if these side effects continue for longer than 4 weeks or get worse, you may have to stop using EPIDUO gel. Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of EPIDUO gel. For more information, ask your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA at *www.fda.gov/medwatch* or call 1-800-FDA-1088. You may also contact GALDERMA LABORATORIES, L.P. AT 1-866-735-4137.

HOW SHOULD I USE EPIDUO GEL?

- Use EPIDUO gel exactly as your doctor tells you to use it. EPIDUO gel is for skin use only. Do not use EPIDUO gel in or on your mouth, eyes, or vagina.
- Apply EPIDUO gel 1 time a day.
- Do not use more EPIDUO gel than you need to cover the treatment area. Using too much EPIDUO gel or using it more than 1 time a day may increase your chance of skin irritation.

APPLYING EPIDUO GEL:

- Wash the area where the gel will be applied with a mild cleanser and pat dry.
- EPIDUO gel comes in a tube and a pump. If you have been prescribed the:
 - Tube: Squeeze a small amount (about the size of a pea) of EPIDUO gel onto your fingertips and spread a thin layer over the affected area.
 - Pump: Depress the pump to dispense a small amount (about the size of a pea) of EPIDUO gel and spread a thin layer over the affected area.

WHERE SHOULD I GO FOR MORE INFORMATION ABOUT EPIDUO GEL?

- Talk to your doctor or pharmacist
- Go to **www.epiduo.com** or call **1-866-735-4137**

GALDERMA LABORATORIES, L.P., Fort Worth, Texas 76177 USA
Revised: February 2013

GALDERMA

Epiduo®
(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%



Forget home remedies and over-the-counter acne solutions that haven't worked for you. Team up with your doctor and start fighting breakouts with Epiduo (*adapalene and benzoyl peroxide*) Gel 0.1%/2.5%. Why? It's a once-a-day gel that treats the pimples you have and helps prevent new ones from forming with 2 antibiotic-free medicines that work together. That's the duo in Epiduo.

GO TO EPIDUO.COM TODAY TO LEARN MORE ABOUT ACNE AND HOW YOU COULD SAVE ON EPIDUO GEL.*

IMPORTANT SAFETY INFORMATION: Indication: EPIDUO® Gel is indicated for the topical treatment of acne vulgaris in patients 9 years of age and older. **Adverse Events:** In controlled clinical studies, the most commonly reported adverse events (≥1%) in patients treated with EPIDUO® Gel were dry skin, contact dermatitis, application site burning, application site irritation and skin irritation. **Warnings/ Precautions:** Patients taking EPIDUO® Gel should avoid exposure to sunlight and sunlamps and wear sunscreen when sun exposure cannot be avoided. Erythema, scaling, dryness, stinging/burning, irritant and allergic contact dermatitis may occur with use of EPIDUO® Gel and may necessitate discontinuation.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on adjoining page.

*For most insured patients. Restrictions apply. See Epiduo.com/rebate for details. Not valid for prescriptions reimbursed under Federal/State programs. Uninsured patients please go to Epiduo.com/rebate for more information.

Epiduo® (adapalene and benzoyl peroxide) Gel 0.1%/2.5%



GALDERMA

All products are the property of their respective owners.
©2015 Galderma Laboratories, L.P. EPID-374 Printed in USA 5/15

doze-deficient cliques roam the halls with super-size caffeinated drinks, wearing the bags under their eyes like a badge of honor. "I do hear teens commenting with pride about how little they sleep," says Mary Carskadon, Ph.D., an adolescent sleep researcher and professor of psychiatry and human behavior at Brown University. "It's a perceived mark of coolness."

Time for a Wake-Up Call

Let's be real. This "Sleep is for slackers!" rallying cry is just cray. "It's very dangerous thinking," says Helene Emsellem, M.D., director of The Center for Sleep and Wake Disorders in Chevy Chase, Maryland.

Mini science lesson: When you're sleep-deprived, your brain becomes polluted with toxic molecules, because it needs a nightly shutdown to clean away the free radicals that have built up. (Don't worry, it's okay.) But

Almost **70%** *of teens aren't getting enough sleep.*

without rest, the harmful toxins remain and kill off neurons that help you focus. Once they die off, they're gone for good. (Not okay.)

So how much rest should you be clocking? The National Sleep Foundation recommends that you get eight to ten hours each night, but a report by the Centers for Disease Control and Prevention found that nearly 70 percent of high school students are falling short of that. Yikes!

As for your plan to sleep a Saturday away to catch up on what you missed? It's not a great fix. "Sleeping in on the weekends and then sleeping less on weekdays is called social jet lag," Carskadon says. "It's as if you're flying from New York to Los Angeles and changing time zones every week. Your body rhythms will constantly be out of sync with each other." And your daily venti latte might not be helping, either. When you're exhausted, "Too much caffeine can make you edgy and irritable," Emsellem says.

Win at Sleep

Okay, so what *can* you do? This school year, Jillian eased up her schedule (instead of piling on AP classes, she stuck with one in a subject she really loves, and decided to focus on art rather than theater and its four-hour rehearsals after school) so she wouldn't be so exhausted. And she still has *plenty* to brag about to her squad: "I'm acing all my classes, and I feel better emotionally and physically," she says.

If giving up the late nights has you tossing and turning about what it will do to your GPA, check this out: Missing out on your zzz's won't help you get A's. A study by Harvard University compared students who slept six hours versus eight hours before a test—those who slept eight did better because their brains had time to process the information into long-term memories. Emsellem agrees: "All that late-night cramming—it goes nowhere. If that's how you study, you're kissing 10 points goodbye."

As for curling up in bed with your phone to scroll through Insta? Even if you're not staying up *that* late, a study by Brown University shows the light from your device can seriously screw up your melatonin levels (the hormone that controls your sleep cycles), which makes it hard to get up in the a.m. without feeling groggy. So Jillian cut that out, too: "I just told myself it wasn't worth being tired all the time and not doing well in school." Unplug an hour before bed, and, hello—grab a mag instead!

YOUR BURNED-OUT BODY

When you don't snooze, you lose. Here's why you should close your eyes more.



YOUR BRAIN

Failed a test you never dreamed you would? That's because you really can't concentrate or problem solve on no sleep.

No shut-eye equals crazy-high levels of the stress hormone cortisol. Translation: the reason for ridiculous fights with your BFF.

Without sleep, your brain functions at the same level as if you were legally drunk. (So don't let your friend who stayed up all night get behind the wheel.)



YOUR SKIN

Pimple alert! A sleepless night leads to inflammation, which makes your skin prone to breakouts.



YOUR STOMACH

Without sufficient rest, your body stores more calories, which can lead to weight gain.



YOUR BODY

Not feeling so hot? Staying awake weakens immune-boosting cells that fight off sickness.

Simple fact: After an all-nighter, you're sluggish and clumsy, so don't expect to be an all-star athlete.

"I Love My Body Because IT'S STRONG FOR ME"

Bindi Irwin, 17, opens up about stepping—er, dancing!—out of her comfort zone and being an inspiration. **AS TOLD TO MONICA RIZZO**

I've always been little Bindi the Jungle Girl, dressed in khaki. So when I was invited to be on *Dancing With the Stars,* I was excited because it would allow me to dress up and kind of emerge as more of an adult. Of course, going on TV wearing sparkly short dresses and high heels means that people are going to judge me every which way they can—and that's a scary thing! I had to be brave within myself and say, "I am who I am, and I'm going to do the best job possible."

People ask me how Australian and American girls are different, and the truth is we're the same when it comes to body image. It's something that so many girls my age struggle with. We're never happy with where we are. It's human nature to pick on your own body, but there isn't such a thing as being perfect. What makes us beautiful are our flaws.

It's easier said than done to feel happy with yourself. Sure, there are days when I wish I were this or that. That's when I remind myself it's important to be thankful for what I do have. I was blessed with a body that has taken me through many adventures, like trekking through the jungles of Taiwan, hiking up mountain ranges in the middle of Tasmania, and jumping on top of crocodiles. I love my body because it's strong for me.

But all it takes is someone to say one negative thing to ruin your day. There can be millions of positive comments floating around, but all you focus on are the 10 negative ones. I'm human and I get that way too. But you can't dwell on it. For me, I go running to clear my head or I might hike one afternoon with my friend Jessie. We talk about life and always come to the same conclusion: You can try to get your body to a certain size or a certain weight, but you may not feel happy within yourself. You have to find a healthy, balanced lifestyle.

I feel I have this purpose on Earth to make a difference and to inspire others. I've gone through a lot in these last 17 years. So many people will say no to an opportunity just because they're a little bit scared. I want people to say, "Bindi can do this thing that terrifies her and find the light in everyday life, and maybe I can too."







1. "As I've gotten older, I've taken tiny, tiny steps away from khaki," Bindi says (in 2014). "It's been fun dressing up." 2. At age 8. 3. "It's as much of a challenge to feel confident carrying out the sparkles and heels as it is to learn ballroom dancing," says Bindi (here with her *DWTS* partner, Derek Hough).

MAIN PHOTO: DON ARNOLD/GETTY IMAGES; YOUNG IRWIN: BRADLEY KANARIS/GETTY IMAGES; IRWIN AND HOUGH: DAVID LIVINGSTON/GETTY IMAGES.



Products
PRIZES
And More

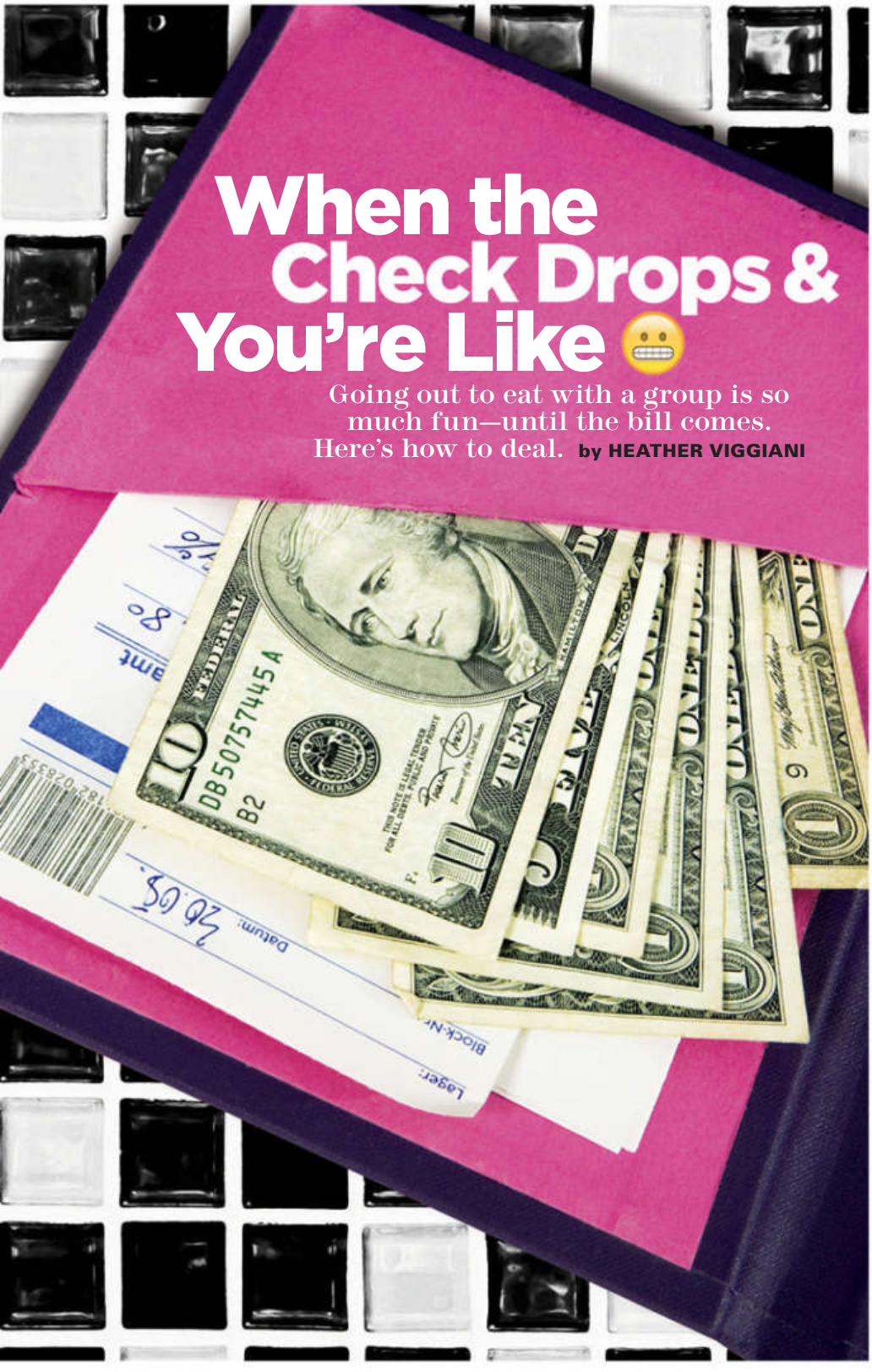
seventeen
A-LIST

Share your opinion with Seventeen for the chance to win amazing prizes and even be the first to try hot new products.

To join, log on to SEVENTEENALIST.COM




THAT JUST
BRUSHED
CLEAN
FEELING
after breakfast on
the bus left you
unprepared for
Steve on the
school steps.
Orbit
peppermint
©2015 Wm. Wrigley Jr. Company. Orbit, Orbit O Design and all affiliated designs
are trademarks of the Wm. Wrigley Jr. Company or its affiliates.



When the Check Drops & You're Like 😬

Going out to eat with a group is so much fun—until the bill comes. Here's how to deal. by HEATHER VIGGIANI

1 "One friend always says she doesn't have cash and asks me to pay for her, but she never pays me back." –Maddy, 19

Not cool! If it is just a case of forgetfulness, next time, ask her to use an app like Venmo to reimburse you right on the spot. If that doesn't work, maybe she's having money issues and it's something you two need to have a heart-to-heart about before the next meal out.

2 "A few of my friends always order a ton more than I do but insist we split the check evenly!" –Hallie, 21

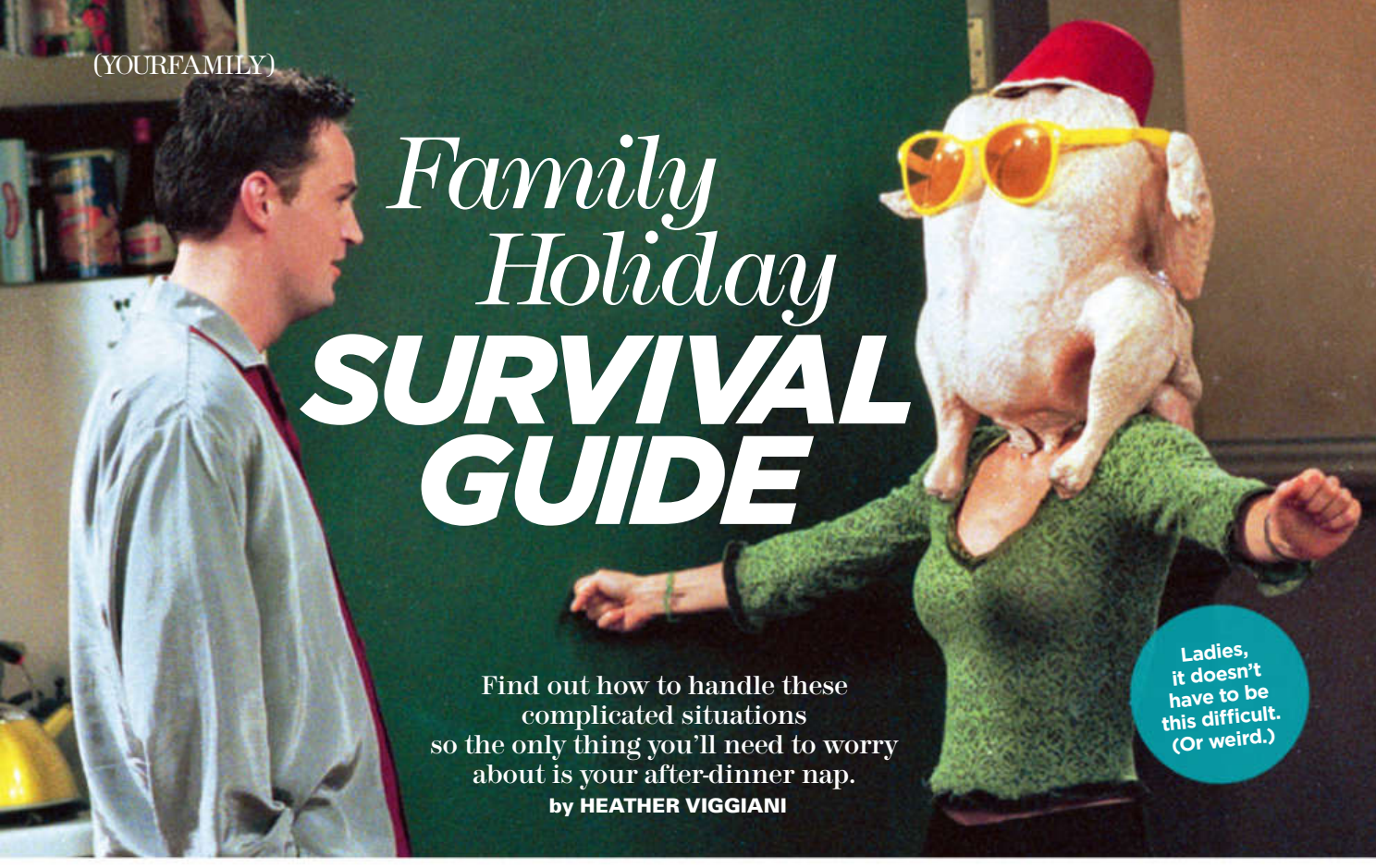
Try this: Calculate exactly what you owe on your phone while you're ordering (don't forget the tax and tip!), and drop that exact amount in cash when the bill comes. Also establish a squad rule for how you divvy up the tab: Either you pay for your order or it's "You sit, you split."

3 "My friend uses a credit card that her parents pay for and asks me for cash for my portion. I know she's just pocketing it!" –Becca, 19

First of all, go ahead and tell her you feel uncomfortable with this situation. Then the next time you order, ask for separate checks. If it's not something the server can do, suggest you alternate paying the entire amount, so next time dinner is on you.

STILL LIFES: (TILES) TOMZA/SHUTTERSTOCK; (CHECK) ADAM BURN/GETTY IMAGES.

Family Holiday SURVIVAL GUIDE



Find out how to handle these complicated situations so the only thing you'll need to worry about is your after-dinner nap.

by HEATHER VIGGIANI

You Need to Make More Than One Stop

Mom and Dad having separate dinners? Figuring out how to spend time with both of them can be *so* stressful. While it might seem intimidating, you can be the one who helps dictate how you'll spend your time, says psychiatrist Hillarie Budoff, M.D. Is your heart set on seeing both of them the day-of? Tell them you'd like to split the courses. Or if you'd rather be more relaxed, set up a holiday rotation schedule with them. Being the one who starts the dialogue will make you feel a little more in control of the situation. "For the first holidays after my parents divorced, I was 14 and had no say in where I went or when," says Tess, now 20. "But once I could drive, my sister and I decided what *we* wanted to do, and our parents worked around us. They want us to be happy."

You Can't Be Home

Maybe your school is far away or you have to travel for a tournament—whatever the reason, being away from family is a bummer. But you don't need to be with them IRL in order to feel connected. "This is my first Thanksgiving away, and I'm sure I'll be getting calls from my family reminding me how much they love me," says Jillian, 18. "Plus, I'll enjoy Christmas that much more!" Wherever you *do* end up eating, try cooking one of your family's favorite dishes, and Skype or FaceTime them to share how it turned out, says Budoff.

Your Family Always Ends Up Fighting

Is there more beef at your table than turkey? First of all, don't feel the need to be responsible for being some kind of "peacekeeper," says Budoff. But you might be able to help a bit ahead of time! Offer to take charge of seating arrangements (complete with homemade place cards!), and separate anyone who could start a Miley-versus-Nicki-type outburst.

You're Always Seated at the Kids' Table

A few weeks in advance, ask something like, "So what does it take to get an invite to the adult table?" suggests Budoff. It's lighthearted, but it will still get the topic across. "I told everyone I felt left out and they made the switch right away!" says Frannie, 14. You might assume that whoever set the random age cutoff still sees you as a child, but it's also possible that they think it's more fun for you. You'll never know until you bring it up.

You Were Invited to Your Bae's Celebration

QT! So sweet! But now you have to ask your parents if you can go. Not so sweet. Instead of proclaiming, "I'm doing this," explain the situation and ask for their thoughts, says Budoff. They'll obviously want you around, so figure out a way to spend some time in both places. (Hello, second dessert . . .)

The Food Is Gross

Yummy solution: Offer to make something! Most hosts would be happy for the help, says Budoff. But if you're not a chef, you can always eat a snack before the meal and then take small portions of a few things you can stand (even if it's only the marshmallows off the sweet potatoes) and politely excuse yourself from everything else.

MAIN PHOTO: NBC/COURTESY NEAL PETERS COLLECTION.



From the runways of Fashion Week to the windows of Madison Avenue and the retail racks, New York is the creative hub of the fashion business. The **Fashion Merchandising** program at **LIU Post** offers students unique access to this exciting and high-powered industry. Instructed by fashion business experts, the **Fashion Merchandising** curriculum integrates an experiential learning component through our student-run clothing boutique, The Student Body, where you will contribute to the retail store's success by helping to choose inventory, manage operations, and advertise to the campus community.

FIND OUT. LIU.EDU/FASHION

what the what?!?

I Made Out With...

From that random kiss with a guy they've known forever to blurring lines with a bestie, these girls open up about how they bounced back from a hookup with someone in the friend zone. **BY HEATHER VIGGIANI**



...*My* Girl BFF

"I met Hannah at work during one summer break from college. We hit it off instantly. The following summer, we decided to be roommates and got super-close. We were both single and together all the time. We would even joke about making out—and one night after a party, we actually did. As it was happening, I felt a sense of relief, since we'd both been hinting that we wanted it to happen for so long. The very next morning, we talked about it and what it meant for us. We both agreed that we didn't regret anything, yet we didn't want the hookup to ruin our friendship. Leading up to that moment, I always considered myself heterosexual, and Hannah thought of herself as that way, too. But I ended up realizing I *was* falling for her. Back at school, we were as close as ever and over the next six months, I kept my crush a secret until I couldn't hide my real feelings anymore. So I admitted to her—and to myself—that I liked her as more than a friend. She told me that while she was attracted to me, she just couldn't see herself loving a girl romantically. I told her I needed some space before picking our friendship back up again, and she understood. That direct, compassionate communication was key. A year and a half later, Hannah and I are still very close friends!" *–Amber*

SEVENTEEN.COM/FEELS How to deal with all 5 stages of post-hookup feels.

ILLUSTRATION: SAMANTHA HAHN/WWW.SAMANTHAHAHN.COM.



...*A Boy* in My Squad

"When I was 19, I worked at a camp. All of the counselors became friends, and I definitely had chemistry with one of the guys. One day the two of us ended up driving around, and he pulled into a parking lot to talk. He started to tickle me, and while I was giggling, we started to kiss. It felt right in the moment, like something we needed to get out of our system. But we left it at that—only a kiss. After that, we went back to always hanging out as part the group. With so many people around, it never got weird." *–Jennifer*

...*My* Guy BFF

"I've been best friends with Matt since fifth grade. Our relationship was always platonic. But when we were 19, we decided to go camping together. We started off in our own sleeping bags, but it was so cold that we decided to sleep in just one. I thought, NBD! Both of us were on the cusp of new relationships with other people. Before we knew it, though, we weren't sleeping but snuggling. Then snuggling turned into kissing. We smooched for a bit and then both passed out! When we woke up, I was so happy it didn't feel awkward. I didn't feel the need to bring up what had happened. In fact, the kiss didn't even come up on the eight-hour drive home! It's now a year and a half later and we still haven't said a single word about it. I feel lucky our relationship didn't change much at all!" *–Elise*

...*A* Family Friend

"I've grown up alongside my friend Tim. He's like my brother—just not by blood. In the past, our friends and family had made bets that we'd hook up, but we always wanted to stay just friends. Then came last Fourth of July. Our kiss happened unexpectedly at a 2chainz concert. We talked about it the very next day and agreed it was borderline gross and wished we had never gone there. We also didn't want it to affect our friendship. I was relieved we were on the same page. Some time has passed, and our relationship hasn't changed, but he did try to make a move again! I shut that down right away because once is a fluke—twice could lead to a trend." *–Alex*

...*My* Friend's Ex

"One night I was hanging out with a group of friends, including my BFF's ex-boyfriend. Well, one thing led to another and I ended up making out with the ex! I know I totally broke the girl code. My friend had really only dated him for a month, and at the time of our hookup, they had already been broken up for two months. Still, I didn't tell her right away. I was afraid she was going to be mad! After two weeks of it eating away at me, I couldn't take it anymore and pulled her aside and confessed what had happened. I anticipated a bad reaction, but she just laughed and said she didn't care but was glad that I'd told her. While the guy was a good kisser, I don't think the onetime makeout sesh was worth risking my friendship." *–Sloane*

The Wheel of Feels

You kissed. Now it's time to navigate the emotional waters.

If You Feel ROMANTIC…	If You Feel PLATONIC…
and they do too: Great! But the friendship as you know it could change or end if you take it to the next level. Talk it out and only dive in if you are absolutely sure there's potential for success.	**and they do too:** Being "just friends" shouldn't be a problem if you both want it, right? Acknowledge the hookup right away or else it could end up as a cloud hanging over your relationship.
but they don't: Give yourself some time between the lip-lock and your next one-on-one to help shake off the lovey feels. While you're on a hiatus, think about flirting with someone new—there are plenty of hotties in the hall!	**but they don't:** Rejection isn't easy on either end. You'll need to be honest and let them down gently. Discuss if some time and space are what's needed, but know that everything might not be exactly the same.

Illustrations by Samantha Hahn

In Focus

"I haven't changed as a person," says Bella. "I'm trying to stay the same."

SHIRT Marc by Marc Jacobs, Nordstrom (similar styles). ***JEANS*** Hudson Jeans, hudsonjeans.com. ***EARRINGS*** Shaun Leane, shaunleane.com. ***BRACELETS*** (on left arm) Ileana Makri, ileanamakri.com; (on right arm) Rosa de la Cruz London, farfetch.com. ***RINGS*** (on ring finger and pinkie of left hand) Dubini, dubini.co.uk; (on middle finger) Eva Fehren, Barneys New York.



BELLA HADID "I GOT THIS"

Do you see Bella's expression here? Some people call it RBF. We call it Resting Bella Face. What it tells the world is that this 19-year-old model is smart, tough, and ready to make a name for herself. Don't believe her?

JUST WATCH...

By **Jessica Shaw** / Photographs by **Alexei Hay** / Styled by **James Worthington DeMolet**

IT WOULD BE UNDERSTANDABLE IF YOU THOUGHT BELLA HADID A LITTLE INTIMIDATING

Her Instagram feed is filled with insanely fabulous outtakes from modeling gigs around the globe; a sweet picture with The Weeknd (complete with a heart emoji caption); and shots of her posing with her besties—who just happen to include the Mileys and Kendalls of the universe. And if you've watched *The Real Housewives of Beverly Hills,* you've probably seen her mom and stepdad's house with its epic views of the Pacific, cool see-through refrigerator, and lemon trees. Her father's place? It's so massive, it's nicknamed the Starship Enterprise.

Not that Bella spends much time in one place these days. Even pinning her down for an interview is tough: She's working in London. . . . She's getting her tonsils out in L.A. (where Mom can take care of her). . . . She has a shoot in New York. . . . And then one late summer afternoon—the day she posted a picture of her and her mom looking ridiculously beautiful in near-matching red bathing suits, to be exact—Bella phones from California. And it doesn't take long to figure out she's pretty much just like every 19-year-old: goofy, grateful, and a little bit insecure. In fact, even though working as a model for the past year has made her a star (she recently hit the runways for Diane von Furstenberg and Tommy Hilfiger and Jeremy Scott), she says she still considers herself "just a little girl from Malibu." And you know what's so cool about her? You can tell she's totally serious. She can't even believe that more than 1.2 million people follow her life on Insta. "I just started in this industry. I'm not sure why people care."

While her big sister Gigi, 20, got a head start in dominating the fashion industry (not to mention that Taylor Swift video), Bella is just getting her footing. She's learning to shrug it off when people insult her looks, and figuring out who her real friends are and just how much to let fans into her world—which not that long ago was pretty basic. "I would go to school, ride my horses, do homework, eat dinner," explains Bella (full name: Isabella), the middle child of Yolanda Foster, a former model, and Mohamed Hadid, a real estate developer, who divorced more than a decade ago. (Her stepfather is music producer David Foster.) She's super-close to her siblings—who include steps and halfs, along with Gigi and Anwar, 16—and has an especially tight bond with her mom. "She's been there with me through everything," she says.

Before Bella heads back to New York to resume life as the Next Big Thing, she opens up about what she misses about living at home, what she loves about her huge family, her dreams for the future, and her celebrity twin.

E

WAS

G.

BEAUTY TIP

Score Bella's chic neutral look with a shimmery taupe shadow palette (like Chanel Les 4 Ombres Quadra Eyeshadow in Tissé Camelia, $61, chanel.com).



Fashion Doll

"It's great to travel and work—and have fun when I'm doing it," she says of modeling.

COAT Peter Pilotto, Intermix stores. ***TOP*** Peter Pilotto, Bergdorf Goodman. ***SKIRT*** Longchamp, longchamp.com. ***EARRINGS*** Rose de la Cruz London, farfetch.com. ***RINGS*** EF Collection, efcollection.com. ***SHOES*** Giuseppe Zanotti Design, giuseppezanottidesign.com.



BEAUTY TIP

Pairing a turtleneck with bright lips (try Clinique Pop Lip Colour + Primer in Wow Pop, $18, clinique.com) brings all the attention to your face.

Happy Face

"Up until very recently, I didn't wear makeup. I went to a couple of events with no makeup on and people were like, 'She's crazy!' "

SWEATER Augden, augden.com. ***RINGS*** (on right hand) Meadowlark, meadowlarkjewellery.com; (on pointer finger of left hand) DYLANLEX, dylanlex.com; (midi ring) THP, thpshop.co; (ring finger) Jefferson NYC; jefferson-nyc.com.

Has it been a relief being back in your childhood home or do you feel like you no longer belong?
I've been thinking about that a lot lately. There's nothing like coming home and having your mom say good night to you and sleeping in your own bed. But it's also tough because I've lived alone for a year, so I do everything at my own pace. If I leave something on the floor, I might pick it up in an hour. But here, if I leave a pair of pants on the floor, my mom will walk in and tell me to clean my room. And David will always say, "Make your bed in the morning." When we were growing up, David wouldn't let us leave for school until our beds were made. We always had to wake up 10 minutes early to make sure our rooms were clean. If there's one thing out of place, my mom will let me know.

Growing up, did you always want to become a model?
My whole life, I competitively rode horses. That's what I wanted to do as a career. But it was always a dream to sign with IMG [the modeling agency that also represents Gigi]. And then I got into Parsons [The New School for Design] and I said, "Wait. This is all coming together." I got an apartment in New York City, I got into my dream school, IMG wanted to meet with me. I always kind of wanted to go against the grain, but once I got my first modeling job, I was like, "This is what I want to do."

Where do you stand with school?
I'm kind of putting it to the side. I think education is a huge thing, and it's really important in my family. But I wanted to give work *and* school 100 percent. It was very hard. I had straight A's, but you can only miss a certain amount of days at Parsons. I would go to London to work for four days, and they were basically like, "You just can't do this anymore." I didn't want them to give me special treatment. I definitely want to go back, but right now it's just not the time. I still walk past my school every day, so I'm kind of there.

The second you started modeling, the comparisons started between you and Gigi, even though you couldn't look more different. How does that feel?
I just have to remind myself that she's been doing this forever. I can't keep comparing myself to her because we're so different. But people still love to compare and contrast us—what's better about her or what's not that good about me—and it's hard because people are really mean. But I'm her biggest supporter, and she's my biggest supporter. We're not competitive at all. She's my best friend, she really is. When we're on the same page, we can read each other's minds.

What kind of older sister are you to Anwar?
Honestly, he is the biggest gentleman I've ever met in my life. But he annoys me, and we fight a lot. I'm always like, "You're my little brother!" Now he's about to get a driver's license and he talks to girls and they text him. That's really weird. They have to text me before they text him. I feel really protective of him.

You Instagrammed a picture of you, Gigi, and Anwar, and wrote that she was a snow leopard and he was a jaguar. What are you?
An ant. A very small ant.

What are the dynamics like between all of you? Are you a classic middle child?
My sister is a lot like my mom. And my brother is a lot like my dad. I've always been really curious my whole life. I was always so aware of everyone around me, making sure my little brother was okay and my sister was okay and my parents were okay. I was the one who definitely knew a lot more about everything going on. I was born with my eyes open, like, "I'm ready to go. Try to stop me or not, but I got this." My mom is finally understanding that.

What was life like when you were in high school?
On weekends we had to be home at 10. During the week, we had to be home at 6 for dinner. When I was 14, I was like, "I hate this. I want to be out for sushi with my friends." Now that I look back, I'm so happy my mom made us do that. I think that was the best part of our childhood. Being together for dinner kept us really,

MY FAMILY

Bella reveals what her relatives are *really* like.



MOM, YOLANDA FOSTER
"She's the strongest person I know and my best friend. A lot of times, I won't go out with my friends. I'll just sit at home and watch TV with her."



BIG SISTER, GIGI HADID
"What people don't really know is that she's actually hilarious. And she can eat whatever she wants. It's really annoying."



STEPDAD, DAVID FOSTER
"He really cares about everyone. We're very, very similar, and we've always gotten along. He's so caring about everything I do."



LITTLE BROTHER, ANWAR HADID
"He knows every single lyric to every single song ever."



DAD, MOHAMED HADID
"He's really generous. He'll literally take the shirt off his back and give it to someone."



HALF-SISTERS, MARIELLE (LEFT) & ALANA HADID
"I'm so much like them."

YOLANDA: JASON LAVERIS/GETTY IMAGES. DAVID: CHELSEA LAUREN/GETTY IMAGES. ANWAR AND GIGI: AXELLE/BAUER-GRIFFIN/GETTY IMAGES. MOHAMED: ROCHELLE BRODIN PHOTOGRAPHY/GETTY IMAGES. MARIELLE AND ALANA: TODD WILLIAMSON/GETTY IMAGES.



Role Model

When it comes to deciding what to post on social media, she says, "I try to be the best influence that I can be."

COAT Mira Mikati, net-a-porter.com. ***DRESS*** Top Shop, us.topshop.com. ***RINGS*** (on pinkie of right hand) Ileana Makri, ileanamakri.com; (on left hand) Rosa de la Cruz London, rosadelacruz.com. ***SHOES*** Eugenia Kim, eugeniakim.com.

really close. I appreciate that so much now—I tell her all the time. Now when I'm home, she still makes me come home for dinner, so I just bring my friends.

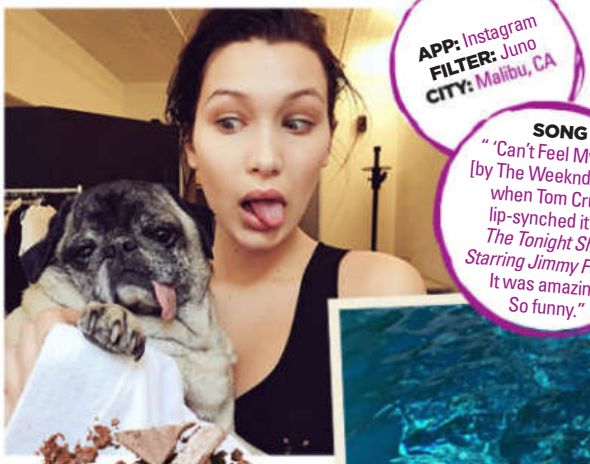
It sounds like you two have a special relationship.
I've always appreciated her. We don't really fight. I tell her everything—and I'm not just pretending to do it. I. Tell. Her. Everything. I think it's terrible when kids don't respect their moms.

You have a blended family. Does everyone get along?
We're all very similar. It would be weird if we didn't get along. My sister Alana, from my dad's first marriage [she also has a sister, Marielle] is just like an older me. My stepsisters are so cool and funny. Our Thanksgiving dinner is massive. We all come together as a family: my dad and his fiancée; my stepdad, my mom, my sisters, my brother—everyone is there. It gets pretty hectic but we somehow make it happen. We have such a big family that we had to stop giving Christmas presents to each other, which is kind of sad.

Do you celebrate Halloween?
I love Halloween. I get a lot of fake blood and end up being something dead. I was a witch when I was younger for, like, six years in a row. And then my mom made me be Dorothy and I was so mad. And then I was like, "Can I just be a disco dead person?" So I did that after. I think I had blood everywhere and crazy glasses.

On another note, was it hard leaving all your friends behind when you moved to New York?
It showed me who my true friends are. A friendship is two-sided. I would text someone and if they wouldn't respond, it was hard to keep making an effort. I have a couple of best friends who have always stuck with me. I make sure they know I'm still there, and I always ask how they're doing.

BELLA'S FAVORITES



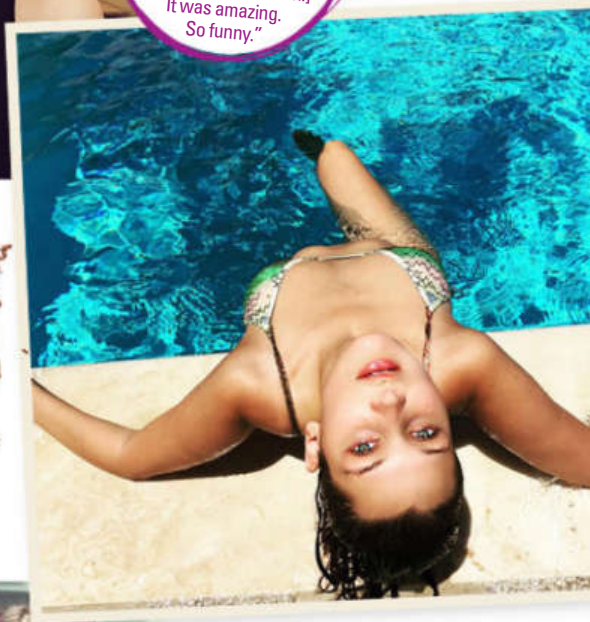
APP: Instagram
FILTER: Juno
CITY: Malibu, CA

SONG
"'Can't Feel My Face' [by The Weeknd]. I love when Tom Cruise lip-synched it [on *The Tonight Show Starring Jimmy Fallon*.] It was amazing. So funny."



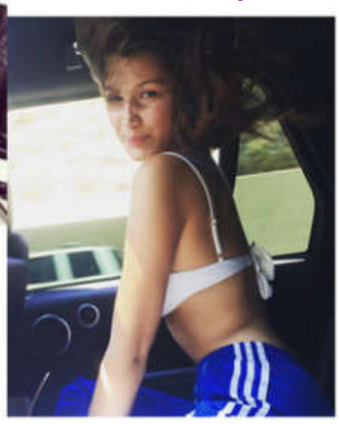


MAKEUP PRODUCT
"Bronzer. I just started using it. I didn't know how fun it was!"



DREAM DAY
"Waking up, going to breakfast with my friends, going to the beach, getting lunch, and going back to the beach. It ends with dinner and dancing. I just like to be with my friends."

HANG OUTFIT
"A full Adidas tracksuit. I have a blue one and I have an orange one."





FOOD
Pizza!

TV SHOW
"*Chopped*. I am literally obsessed with food, and my sister and I have cooked our whole lives. I make a really good soufflé and spaghetti Bolognese."



EMOJI
"The lollipop or the little princess thingy. Or the poop."

BELLA: IWITH DOG, AT POOL, WITH MILEY, IN CAR) INSTAGRAM. CRUISE: *LIP-SYNC BATTLE* BRONZER: CHRIS BARTLETT. EMOJIS: EMOJISTICKERS.COM.

"I'M A VERY OUTGOING, WEIRD PERSON SO I THINK I MIGHT BE GOOD AT ACTING"

Is it hard to have a boyfriend when you're always traveling for modeling gigs?
Um . . . yes. But you know, in general, it's hard. It depends on the person you're with. Both people have to make an effort in the relationship when you're traveling a lot.

What's the nicest thing a guy has ever done for you?
There was a time when I was really down on myself and this one guy sent me six boxes of cupcakes from Baked by Melissa and he just said, "You're beautiful"—and I ate all of them! Then I was like [sarcastically], "I feel great. Thank you." I also just love letters. I don't really need anything expensive. Write me a good letter and I'm happy.

When you're not working, do you still dress up and wear makeup?
Because I've lived in Malibu and was riding horses my whole life, I just wasn't into makeup. So my mom bought me all this makeup recently. She was like, "You only own mascara!" I think being natural is the best thing you can do for your skin.

Do you work hard to stay fit?
I eat a lot of pizza and really unhealthy food. I definitely gain weight and I'm not naturally thin. I'm really self-conscious if I go to trainers, so I just do stuff on my own. I go on the treadmill or do yoga and Pilates if I can. Sometimes I just lie on the floor and make up my own exercises. I don't know if they work. I just attempt to do different things. If I'm passing by a health food place, I'll drink a green juice. Last night I went on the treadmill and then I went out to sushi because I was like, "Sushi's healthy!" And then I woke up this morning and realized I only ate fried tempura. But I didn't care because I had worked out.

We know you love pizza from that hilarious Insta pic of you and Miley Cyrus.
Yeah, Miley loves it too. We just destroyed that whole box of pizza.

How careful are you about what you put on Instagram?
I have to be very conscious of what I post. I don't post everything—who I'm with, who I'm dating, what I'm doing. I definitely don't like to put out too much because I know it'll get attention and I don't want to put too much out there for people to talk about. The more you put out, the more people talk.

Is that why you didn't do the "Bad Blood" video like Gigi? Because you didn't want the attention?
There are a lot of things that I don't want to go to or do. But I didn't get asked to do the "Bad Blood" video, so that's why on that.

A lot of models transition into acting at some point. Is that something you'd like to try?
Yeah, definitely. Eventually I want to act. I used to do theater when I was younger. I'm a very outgoing, weird person, so I think I might be good at acting. But I have the worst memory. I was that kid who was onstage during the actual show and someone on the side would have to feed me lines. So that could be really bad in the long run.

Speaking of actresses, what's up with everyone thinking you and Jennifer Lawrence are twins?
I never saw it. But there are some photos that it's really weird and we look very similar. People say it all the time. I'll walk onto set and five people will say, "You know who you look like?" and I'm like, "Jennifer Lawrence?" Then they'll say, "How'd you know I was going to say that?" and I'll go, "Because I hear it five times a day."

Traveling the world, being compared to an Oscar-winning actress, having an amazing family. Sounds like things are pretty great.
I'm still taking it all in. But yes. It's crazy!



HT

Camera Ready

"I have a lot of fun with photography," says Bella. "It's a hobby that I eventually want to have a career with."

COAT House of Holland, houseofholland.co.uk. *TEE* LNA, revolveclothing.com. *PANTS* MM6-Maison Margiela, call 646-664-1655 to order. *SHOES* Eugenia Kim, eugeniakim.com.

Hair: Harry Josh at HarryJosh.com. Makeup: Hung Vanngo for ck one color cosmetics at the Wall Group. Manicure: Casey Herman at Kate Ryan Inc. for Chanel Le Vernis.


ROC
Aubrey, 21,
aka JEM
Stefanie, 18,
aka KIMBER

K YOUR LOOK

Get to know the youngbloods of JEM AND THE HOLOGRAMS as they show you the season's chart-topping beauty trends that will put *you* center stage.

By **Marta Topran**
Photographs by **Eric Ray Davidson**
Styled by **James Worthington DeMolet**



4 Ways to Shine

What's a night out without bling? Grab some glitter and wear it *your* way. From left: Try lining your lids with it; apply it around your eyes; wear it over lipstick; even sprinkle it along your part!

ON AUBREY:
JACKET Tracy Reese, tracyreese.com. **SKIRT** Rebecca Taylor, rebeccataylor.com.

ON STEFANIE:
JACKET Marc by Marc Jacobs, marcjacobs.com. **DRESS** Sass & Bide, sassandbide.com/us. **EARRINGS** Moratorium, moratorium.nyc.

ON HAYLEY:
SWEATER H&M, hm.com. **SKIRT** Ohne Titel, Neiman Marcus. **EARRINGS** Stella & Bow, stellaandbow.com.

ON AURORA:
JACKET DKNY, dkny.com. **TOP** Parker, parkerny.com. **EARRINGS** Oscar de la Renta, Oscar de la Renta boutiques. **RING** Nadia Lee, nadialee.com.

STEFANIE SCOTT

How do you keep your cool onstage when you're performing?
I remind myself that I don't need others' approval. Life is supposed to be fun, so rock out and forget about people's judgments.

Describe your go-to party look.
Messy hair and red lips. But I'm always down for experimenting. Glitter? Yes. Electric-blue liner? Why not?!?

What beauty products are you obsessed with right now?
Josie Maran Coconut Watercolor Cheek Gelée ($22, Sephora stores)—it's great on lips too. And I love Anastasia Beverly Hills Perfect Brow Pencil ($23, anastasiabeverlyhills.com).

ON STEFANIE:
VEST Philipp Plein, philipp-plein.com. **DRESS** Bec + Bridge, becandbridge.com.au. **RINGS** Xr Jewelry, xr-jewelry.com. **BRACELETS** (angled bracelets) Alexis Bittar, Alexis Bittar boutiques; (round bracelet) Nadia Lee, nadialee.com.

ON AUBREY:
JACKET AND PANTS Banana Republic, bananarepublic.com. **TOP** Ohne Titel, Bergdorf Goodman.com. **SHOES** Jimmy Choo, jimmychoo.com. **RINGS** Nadia Lee, nadialee.com.

All Eyes On You

Amped-up lashes *and* shadow are a guaranteed smash. Rim lids in violet (try Rimmel London Scandaleyes Eye Shadow Stick in Paranoid Purple, $4.50, drugstores) and finish with blue mascara (try Clinique Chubby Lash Fattening Mascara in Two Ton Teal, $17, clinique.com).



Pop Diva

Be the mane attraction (and show off your killer dance moves) with fuchsia hair. Go all out with hair dye (try Garnier Color Styler in Pink Pop, $8, drugstores) or just chalk small sections (try Splat Hair Chalk in Pink Hearts, $6, ULTA stores).

Jem the cartoon was a hit in the '80s. What's the coolest thing about playing her now?
Being a part of something that's meant so much to so many people for such a long time.

How do you stay confident when trying something new?
Hard work. I feel way less nervous if I know that I've done everything to be completely prepared.

Fave girl band of all time?
Joan Jett & the Blackhearts! "I Love Rock N' Roll" is my ultimate party anthem.

What's your beauty MO?
I don't really wear a lot of makeup when I'm not working, but I've been using African Black Soap and Kate Somerville Quench Hydrating Face Serum ($75, Sephora stores).



ON AURORA:
DRESS Cedric Charlier, Ikram Chicago store.
EARRINGS Robert Lee Morris, robertleemorris.com.
CUFF Dinosaur Designs, dinosaurdesigns.com.

ON HAYLEY:
RINGS (pointer finger) Arme de L'Amour, armedelamour.com; (ring finger) Nadia Lee, nadialee.com.
NECKLACE Jenny Bird, jenny-bird.com.

Hair: Marcus Francis, Suave Professionals Celebrity Stylist. Makeup: Beau Nelson using Sephora + Jem and the Holograms Collection. Manicure: Stephanie Stone using The System by Formula X at Nailing Hollywood. Hair color: Lena Ott for Suite Caroline Salon.

AURORA PERRINEAU

What drew you to your character?
Shana is my rock-star alter ego. It was amazing to transform into this kick-ass drummer who's also a very talented fashion designer.

Describe your nighttime vibe.
Natural, dewy skin with a little mascara and some tinted lip balm—I love Burt's Bees Tinted Lip Balm ($5, drugstores). Preferably, a few close friends and Jenga are also involved.

How do you take care of your skin?
I use coconut oil on my face and whole body. It's an all-natural way to hydrate without clogging your pores or irritating your skin.

Say It Loud

Turn up the volume with a swipe of purple liquid lipstick (we like Giorgio Armani Beauty Ecstasy Lacquer in 600, $38, armanibeauty.com).



Out This Month!
Pick up the new Jem and the Holograms collection exclusively at Sephora stores and sephora.com.

Head Liner

You don't have to go bright to steal the spotlight. For this cool brushstroke effect, dip a mascara fan brush into black gel liner (try Revlon ColorStay Crème Gel Eye Liner, $10, drugstores), hold it vertically at the outer edge of your eye, and sweep out.

HAYLEY KIYOKO

What music gets you pumped?
Girl-power songs. If Alanis Morissette comes on, I blast the radio. Those moments get me excited about life.

How do you take care of your bleached hair?
I've been platinum for over a year—Kevin Murphy Angel Rinse ($27.50, kevinmurphy.com.au) keeps it from falling out.

Any other beauty secrets?
Tea! I'm obsessed with it. I use Jack Black Intense Therapy Lip Balm in Lemon & Chamomile ($7.50, getjackblack.com) and Rooibos oil on my hair every day to keep it shiny.

What would you tell your 15-year-old self?
What people think about you in high school really doesn't matter. What does matter is what you think about yourself. You don't really learn that until you get out of school, but it's something I wish I'd known then because it's 100 percent true.


Happy Swift

-Giving

What are we thankful for? Two words come to mind: *Taylor Swift.* Here are the top 13 (obvs!) life lessons she's taught us about friends, family, and finding your voice. Swan floatie sold separately.

By Heather Viggiani
Illustrations by Heather Landis



Happy Swift-Giving

LESSON 1

Treat Your Friends Like Gold

She has a small army of BFFs—and with good reason. Here's what members of the most popular squad on Earth have said about being on Team Taylor.



She's a Matchmaker

"I've met a lot of really great girls through Taylor. She's incredible at connecting people who might not normally meet. We're all in different jobs, but we've become strong friends who are there for each other—a sisterhood of girls, a support team." –KARLIE KLOSS



Jaime King



Zendaya



Cara Delevingne



Hailee Steinfeld



She's Got You

"She supports her friends so much, and we support her back. We all took time out of our schedules to be there [for the 'Bad Blood' video], and she wanted to make us look hot and powerful. It was a big, amazing thing to be a part of." –GIGI HADID



Selena Gomez



Sarah Hyland

She Doesn't Judge

"I thought, I can't have girlfriends. I don't know how to talk about boys. Taylor just glosses over the fact that I'm terrible at it, and she's just like, 'It's okay, I'll love you for your other qualities.'" –LORDE





Kanye West



Emma Watson



She Never Misses a Beat

"If something good happens to me—say, I get a nomination, or it's my birthday or the day before my birthday, or my book comes out—I get a text from Taylor way before I get a text from my mom." –LENA DUNHAM



Lily Aldridge



Hayley Williams



She's a People Magnet

"She has such an infectious personality, everyone just wants to be around her at all times. She really brings out the best in everybody." –MARTHA HUNT



Ed Sheeran



Britany Maack



Kendall Jenner



Abigail Anderson



Camila Cabello



Serayah



Haim



Ellie Goulding

LESSON 2

Don't Be Afraid of a BFF Breakup

You can call this the "Bad Blood" clause in Taylor's Girl Code: "If you will betray your friend, if you will talk about them badly behind their back, if you will try to humiliate them or talk down to them, I have no interest in having a person like that in my life," she has said.



LESSON 3

Look for Loyalty in Your Bae

It's clear that Taylor has found that quality in her newest boyfriend, Calvin Harris—or as she reportedly calls him, Adam (his given name). The DJ got into a Twitter feud with Zayn Malik when he thought the former 1D star subtweeted about his girl. Calvin has also been spotted at her concerts, celebrated her wins by her side at the Billboard Music Awards, and played captain on a pool swan. Le sigh!





LESSON 4

Take Care of Your Parents

Sometimes your mom and dad need you just as much you need them. When Taylor's mother, Andrea, was diagnosed with cancer earlier this year, the star shared the news in a Tumblr post and asked fans to #Prayformamaswift, which trended almost instantly. Yet even in a personal crisis, Taylor didn't make things all about her. Instead, she took the opportunity to urge fans to remind their parents to get health checkups often. (Go tell yours now!)

LESSON 5

Thank All Your Supporters

You can't become a mega-star without fans, and Taylor lets the Swifties know she loves them. Take that time she sent one fan a care package filled with handwritten notes. And who can forget the boxes of personalized presents Santa Swift individually wrapped last year for a very lucky group of admirers? The point is, everyone has fans—think of all the people who cheer you on to reach your goals!—and taking time to make them feel appreciated is major.



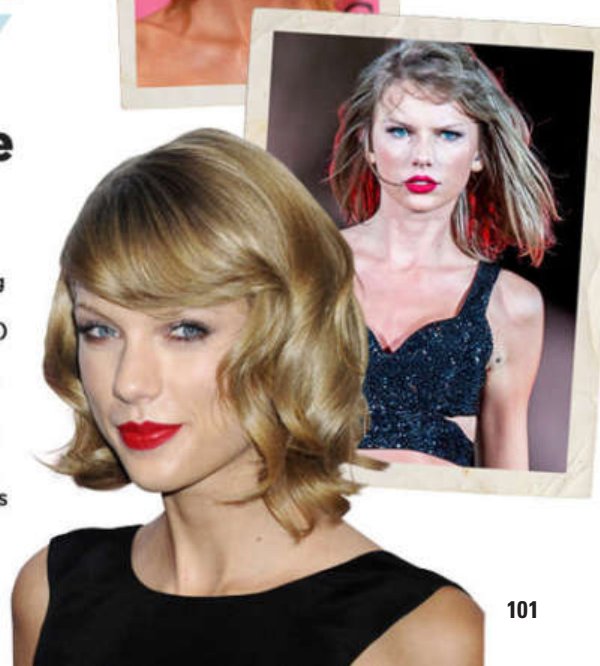




LESSON 6

Find a Signature Beauty Look

Picking out a defining style is like giving yourself a (super-chic) logo that everyone gets to know you by. These days, Taylor Swift is to her cherry lips as Blair Waldorf is to her headbands. One rarely ever comes without the other.



SWIFT: (OPENING SPREAD) STEVE GRANITZ/WIREIMAGE. GOMEZ: JASON MERRITT/GETTY IMAGES. GUITAR: PAUL MORIGI/GETTY IMAGES. HARRIS: JIM SMEAL/REX; MOVI INC/SPLASH NEWS. JON KOPALOFF/GETTY IMAGES. KLOSS: JEMAL COUNTESS/GETTY IMAGES. ALDRIDGE: JASON LAVERIS/GETTY IMAGES. CAT: PACIFIC COAST NEWS. DELEVINGNE, KLOSS, DUNHAM, AND HUNT (THIS SPREAD): JON KOPALOFF/GETTY IMAGES (4). ZENDAYA: FELIPE RAMALES/CORBIS. KING AND LORDE: JASON LAVERIS/GETTY IMAGES (2). STEINFELD: MONICA SCHIPPER/GETTY IMAGES. HYLAND: RUSS EINHORN/CORBIS. WATSON: JUAN NAHARRO GIMENEZ/GETTY IMAGES. WEST: AMANDA EDWARDS/GETTY IMAGES. ALDRIDGE: BRENT N. CLARKE/GETTY IMAGES. MAACK AND ANDERSON (2): KEVIN MAZUR/GETTY IMAGES. GOULDING: DAVE J HOGAN/GETTY IMAGES. JENNER: JASON MERRITT/GETTY IMAGES. HAIM: JASON KEMPIN/GETTY IMAGES. SERAYAH AND GOMEZ: GREGG DEGUIRE/GETTY IMAGES (2). CABELLO: GABRIEL OLSEN/GETTY IMAGES. SHEERAN: DESIREE NAVARRO/GETTY IMAGES. WILLIAMS: JOHN LAMPARSKI/GETTY IMAGES. HADID: MICHAEL STEWART/GETTY IMAGES. SWIFT (WITH PERRY): KEVIN MAZUR/GETTY IMAGES; (WITH MOM) RICK KERN/GETTY IMAGES; (WITH RED LIPS, TOP PHOTO) ANTHONY HARVEY/GETTY IMAGES; (CENTER) SUZI PRATT/LPS/GETTY IMAGES; (BOTTOM) DENNIS VAN TINE/GEISLER-FOTOPRES/AP IMAGES. LIPS: MICHAEL BUCKNER/GETTY IMAGES.

Happy Swift-Giving

LESSON 7

Slay the Sidewalk Like It's Your Runway

Taylor is a never-ending source of #OOTD inspiration, and that's because she always looks polished no matter where she's heading.





LESSON 8

Let Your Friends Date Your Ex. Really

You break up with a guy. Time passes. Your bestie starts to date him—and things *don't* get weird? Not in Swiftville. "It's almost like the sisterhood has such a higher place on the list of priorities for us. It's so much more important than some guy that it didn't work out with," she's said. Preach!

LESSON 9

Own Up to Your Mistakes

We all make them, even Taylor. But it's how you recover that really counts. When she realized she wrongly assumed Nicki Minaj was throwing shade on Twitter, she immediately (and very publicly) apologized. A month later, the pair shared the stage at the Video Music Awards in a killer collab.



LESSON 10

Perform Random Acts of Kindness

This year, Taylor not only donated $15,000 to help pay a stranger's medical bills, but she also gave $50,000 to help a fan with leukemia. It was a sum so large that GoFundMe.com had to raise its contribution limit. That's how you *really* #breaktheinternet.







LESSON 11

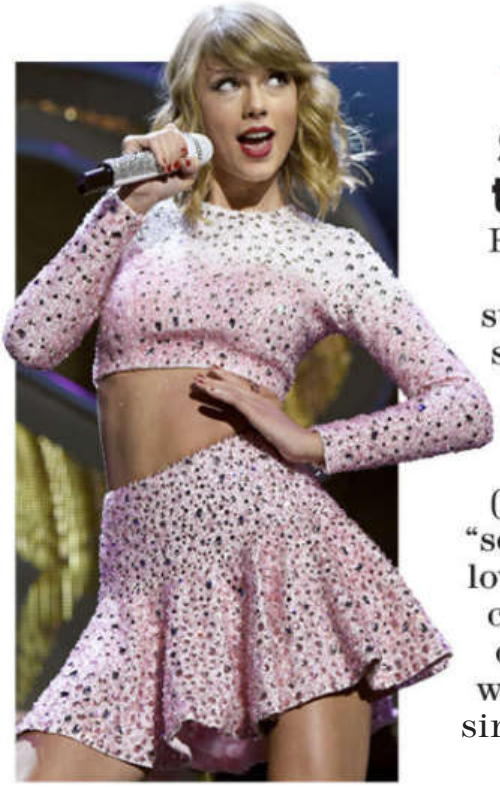
Be a Great Pet Mom

It's clear that Taylor has mad love for her two Scottish Fold sidekicks, Olivia Benson and Meredith Grey. From personalized carriers to next-level adorable photos and videos, she proudly owns up to being a "Cat Lady," and she wears the title well.

LESSON 12

Speak Up

She can make all the tables turn—as she did when it was revealed that Apple Music wouldn't pay royalties to artists for a trial period, which affects emerging talents the most. Unhappy Tay posted an open letter on Tumblr dragging the decision, which caused the company to reverse its policy within 24 hours. So next time you want to stand up for something you're passionate about, take Taylor's cue! Make some noise to inspire change in your own circle.



LESSON 13

Shake Off the Haters

People have said she acts "fake surprised" when she wins awards. They've said she only writes songs about her exes. (She called that "sexist.") And they love to say, "Taylor can't dance!" So everyone knows what song to start singing now, right?

SWIFT'S STREET STYLE: (BLUE DRESS, GREEN DRESS, AND PLAID SHORTS) ALO CEBALLOS/GETTY IMAGES; ("NEW YORK" SWEATER) STOIANOV/FAMEFLYNET PICTURES; (SHAWL) RAYMOND HALL/GETTY IMAGES; (WHITE SHIRT) JAMES DEVANEY/GETTY IMAGES; (TANK TOP) WCPFA/MEFLYNET PICTURES; (BLUE SWEATER) SPLASH NEWS. SWIFT: (IN PINK) KEVIN MAZUR/GETTY IMAGES; (WITH CAT) PACIFICCOASTNEWS; (WITH MINAJ) JOHN SHEARER/GETTY IMAGES. BUILDINGS: BRIAN KENNEDY/GETTY IMAGES.

You've heard of Caitlyn Jenner and Laverne Cox. Now meet the transgender teens of your generation. They stress about grades, crush on celebrities, have friend drama, and obsess over Snapchat. Above all, they want to be free to do their own thing—like you.

Just Your AVERAGE (Transgender) TEEN

"As soon as *I got to wear makeup in public,* I was like, 'This is me.'"

WHEN ZOEY WAS IN ELEMENTARY SCHOOL, the hardest part of a test was not the questions. "I was like, I wish I could mark *F* instead of *M* on the forms," says the 14-year-old, who lives outside of Los Angeles, California. As a kid, "I always snuck my mom's eyeliner pen," she says. "I knew that if I got to wear girls' clothes and have a girl's name without it being an issue, I would be okay. I felt so bad when I couldn't express myself." Everything changed one morning during fifth grade. "I got on the bus in pink pants and a pink top," Zoey says. "I was definitely nervous, but my mom hyped me up. She has always been there for me."

Not everyone was behind her. "Some of the boys were like, 'Stay away from her,' or 'Let's go bother her and see what she's going to do,' " she recalls. "I thought if the only reason they're bothering me is because they think I'm insecure, why am I going to give them that? Screw you! This is who I am. I don't have to hide anymore." Now as a freshman, Zoey says the conversations she has with friends are less about being transgender and more about being a trendsetter. "My first style icon was Nicki Minaj, and then it was Ariana Grande, and now it's Kylie Jenner." But she's happiest being herself. "I actually get a lot of compliments at school," she says. "People tell me I finally look happy."

HAIR AND MAKEUP: KIP ZACHARY/CLOUTIER REMIX. SHOT ON LOCATION AT SHAKEY'S PIZZA.

by **ANDREA STANLEY** / photographs by **ANDREW HETHERINGTON**



Friend Zone

Zoey (left) and her friend Alana, 14, show off their friendship necklaces in between belting out Gwen Stefani songs. "My friends protect me like family," Zoey says.



Power Play

Leo's happy place: the gym. "I used to hate going because I couldn't lift much. But I'm getting stronger and even went up a size in my clothes. I love that I can say that."

"It's *empowering when you realize* it's possible to be your true self."

THE FACT THAT LEO, 19, IS MAJORING IN FILM at the University of Michigan is fitting, since it was a movie that had a big impact on him when he was in eighth grade. His moms were raising him as a girl (the gender he was assigned at birth) in Ypsilanti, Michigan, but Leo identified as a boy. "I saw [*The Twilight Saga*] *New Moon* when I was in a dark place in my life," Leo says. "All these guys in the movie were taking their shirts off and they were really ripped. I felt like there wasn't a future for me where I could look like that."

He decided, "I can't keep feeling this way," and had a serious talk with his therapist about his gender identity. At 13, he socially transitioned, yet "I was self-conscious. I wanted to fit a mold of what a teenage boy should be, but I was awkward and quiet," Leo says. But now "I've gotten to the point where, yeah, I feel attractive," Leo says. When he posts selfies on Insta, "People will leave heart-eye emojis," he says. "I used to wonder, Who would marry a trans person? But now I know these things are possible." So is his goal of bulking up like Taylor Lautner: "My mom said I look like him. I think she was just being nice!"



"I do *care what people say about me*—but if it's negative, I just let it go."

IN KINDERGARTEN, BROOKLYN TOLD HER FRIENDS THAT SHE WAS A GIRL. By middle school, "I was wearing scarves and Chanel No. 5," she says. Still, "Even though I showed a happy face back then, I was sad. I was tired of being fake." She finally decided to reveal her true self on picture day during her junior year. "Boom! I was a different person. I had this black top and jeans. I had flats with spikes on them and a gold necklace," says Brooklyn, now 18. "I wasn't worried. I actually felt free."

The moment she felt fully embraced by other people came this past spring when she was voted prom queen at her high school in Renton, Washington. "It wasn't the fact I got a lot of votes that made me so happy," she says. "It was that people reacted in a way that was so accepting. Everyone applauded me and was like, 'Slay girl.' I felt special."

Brooklyn admits she's lucky to have a supportive family and to have attended an open-minded school. Also, "I have online friends who are trans, and I feel a bond even though we're far away." But there's one thing that still makes her nervous: dating. "At this point in my transition, it doesn't feel like the right time for a relationship," she says. "Until I'm ready, I'll just dream of marrying Justin Timberlake—or Beyoncé!"

No-Filter Friendship

Brooklyn (center) and her girls Harpinder, 19 (left), and Naunyka, 18 (right). "I like going to the movies because it's a way for me to relax."

HAIR AND MAKEUP: RENEE MAJOUR FOR CELESTINE AGENCY. SHOT ON LOCATION AT REGAL CINEMAS.



New Heights

When he's not working as an indoor climbing instructor (or studying business management), Arin lives for the outdoors. "Since I was 8, I've always wanted to climb Mount Everest," he says.

"I used to walk hunched over, ***but now I stand up*** because I'm proud to be myself."

AFTER ARIN TOLD HIS MOM HE WAS TRANSGENDER, they didn't talk about it again for six months. "I wanted my mom's blessing—she just wasn't ready," he says. Then a haircut changed everything. Arin was 15, and his mom told him he could chop off his long locks. "When the hair came off, it was some physical weight, but something even heavier was lifted off me," says the 19-year-old from Broken Arrow, Oklahoma. "Until then, I had never truly seen my own reflection."

Not everyone saw the same thing. Despite Arin's hormone therapy, his school still treated him as a girl ("I could grow a beard!") while kids acted like he was "invisible." What got him through it all? His family, friends, and a love of nature. "Being in the mountains makes me happy," Arin says. "From up high, you can see the world better. It helped me focus on myself and what really mattered." Last year, he released a book, *Some Assembly Required: The Not-So-Secret Life of a Transgender Teen,* and he proudly says his life is "normal." Most important, "I have my identity now."

HAIR AND MAKEUP: TARYLL ATKINS FOR ABTP.COM.

FIND Support

All of these teens had people in their lives they felt safe talking to about their gender identities. If you're struggling, remember you're not alone. For help or to learn more about LGBTQ issues, visit The Trevor Project (**thetrevorproject.org**) or call **866-488-7386** to immediately be connected with a trained counselor.

ALSO CHECK OUT:

- **GLAAD, glaad.org**
- **National Center for Transgender Equality, transequality.org**
- **Transgender Law Center, transgenderlawcenter.org**
- **TransYouth Family Allies, imatyfa.org**

"I've *always been a girl* just trying to be herself."

NOW IN HER FRESHMAN YEAR, Jazz, 15, from South Florida, has lots of stuff she wants to figure out: how to code ("I'm teaching myself!"), her future job ("I love doing so many things!"), and what a first crush will feel like. "Falling in love must be the best day ever!" she says. But there's one thing she's totally sure of: "I'm just a girl—done."

It may sound simple, but for Jazz, who began transitioning at the age of 5, it didn't come easy. "Soccer has always been one of my passions, but I got banned from my team when I was 8," she says. "I was devastated. I just wanted to have fun." After two years of her parents fighting for her rights, she was allowed back on, but then there were other challenges—like not being able to use the girls' bathroom at school until she was in fifth grade. "I remember when I was allowed to pee in peace," Jazz says. "It was just like, 'Okay, finally!'"

Jazz, who chose her name in part because "it describes who I am—fun and upbeat," didn't let a few setbacks break her spirit. "My friends and family have always accepted me for who I am," she says. "The fact I'm transgender doesn't even come up with my friends. They forget. They'll be like, 'Did you get your period?' And I'm like, 'Uh, no, I'm transgender, remember?'" She hopes other transgender teens find their squad, too. "So many don't tell people they're transgender because they're scared they'll get bullied or won't be accepted. I'm hoping that sharing my story will spread courage to them to live their lives as who they are. But it's also for people to understand that everyone deserves to be themselves."



Prime Time

Look familiar? Jazz starred on the TLC reality series *I Am Jazz* alongside her mom (left); her twin brothers Griffen (pictured) and Sander, 17; her dad; and her sister, Ari, 19.

YOUR CHEAT SHEET TO...

making

Looking for fun, creative ways to earn a little extra cash?



SHE'S THE BOS$
Noa may just be a sophomore in high school, but her biz has helped over 150 families.

Babysitting

Name: Noa Mintz
Age: 15
Hometown: New York, NY

Three years ago, Noa was making $12 an hour babysitting. One day, after talking with her friends' nannies, she realized that she wanted to play matchmaker for sitters and families, and launched her own childcare agency, Nannies by Noa (*nanniesbynoa.com*).

What was the inspo to turn your babysitting gig into something big?
I have three siblings, and our house is always filled with chaos. My mom would hire lovely sitters, but they weren't energetic and just didn't mesh with our family. They were great—just not for us. And I saw it with my friends and their nannies, too. So I wanted to create an agency that didn't just go off what's on a résumé but that focused on chemistry and personality when placing a nanny with a family—sort of like a dating service. I also love kids and I used to babysit a lot, so it made sense.

How do you juggle work and school and not freak out?
For a while, I made the mistake of thinking I didn't need help. I used to think it was admirable to overwork myself. I would run to take a client call right after a math test. It was a crazy situation. But I wasn't doing my business any favors by trying to do too much. I realized it's more impressive when you can take other people's opinions and help—that's when my company really grew.

What about keeping your grades up?
I have to be honest—I've always struggled a lot in school. Sometimes I have trouble focusing, and I'm not a straight-A student, even though I always give my best effort. When I started my company, it made me realize that you don't need a perfect report card to show you're smart and successful.

How did you know you were ready to make the jump from babysitter to boss?
Every time I hear the word *nanny,* my face lights up. I think if something sparks an interest, that's the first step toward knowing it's worth taking seriously. I started my business because I had a passion. I didn't do it to get cash. If you're going to start a business, don't do it just because you want money to come instantly. If that's your goal, just stick to babysitting!

What's your secret for how to totally crush it?
I think it's really important to have two mentors. Find a businesswoman to look up to—someone you probably won't be able to actually talk to but someone who you can follow along and learn from. I think Sheryl Sandberg is amazing. And then also find someone who you can realistically reach out to when you need advice.

How to Launch Your Dream Career Now!

Birchbox cofounder Katia Beauchamp gives you the rules she lives by.

1 If your business plan isn't flawless—that's okay.
"Many people spend so much time trying to make everything perfect—the best thing you can do is start and learn as you go."

2 Be smart about how you spend your cash.
"Creating a Web site is pretty easy—you can do that yourself. Put your money toward something you can't do that well."

3 Your company doesn't have to last forever. (Jaw drop!)
"It's totally okay to grow out of something and want to pursue something else. A short-term business can still be valuable."



MINTZ: ALEXANDRA WOLF. SECOR: TIFFANY WAYNE. BEAUCHAMP: CINDY ORO/GETTY IMAGES. TAYLOR: SHANA ANDERSON PHOTOGRAPHY.

money OFF YOUR HOBBIES

These teens turned their passions into a payday.

by ANDREA STANLEY



Jewelry Making

Name: LeiLei Secor
Age: 19
Hometown: Hagaman, NY

This University of Virginia sophomore taught herself to make beaded bracelets when she was 12. By the time she was 16, she had crafted an Etsy empire (*designedbylei.com*).

How did you become an Etsy-preneur?

When I was 16, I was looking for a job. I applied to grocery stores and restaurants but no luck. I loved making jewelry, came across Etsy, and decided to try it. It's easy to open a store. I got my first sale after a week. At this point, I've sold over 12,000 pieces to people in more than 40 countries.

How do you deal with balancing your schoolwork and your side hustle?

I set aside a few hours every day for my shop, just as if I had a work-study or a part-time job.

Are you still selling just beaded bracelets?

I always like to make sure there's a variety of stuff in my shop. When a new piece of jewelry catches my eye somewhere, I go to the craft store, get supplies, and then teach myself how to make it by watching online tutorials. It usually takes me two days to figure it out.

What's the key to setting up a successful store?

Research the market that's already on Etsy in the category most similar to what you want to do. Check out what's popular, how the stuff is being presented, and how much it's being sold for.

Fashion Design

Name: Isabella Rose Taylor
Age: 14
Hometown: Austin, TX

Isabella turned a love for finger-painting (you read that correctly!) into a cool fashion company, Isabella Rose Taylor (*isabellarosetaylor.com*), whose designs have been sold in Nordstrom.

Have you always been into fashion?

I've been painting since I was really young. When I was 8, I started incorporating fabric into my art, but I never really saw fashion as something I would pursue until I attended a sewing camp a year later. I started experimenting with designs—making dresses for my friends—and I figured out it was something I really wanted to do. Two years later, I had a collection that was being sold in Nordstrom.

How did you go from a small sewing camp to a huge store?

Everything started organically and locally—it was more like a hobby at first. I would show the clothes I made to my friends. Then I started doing trunk shows where I lived, and eventually I got into boutiques in my town. When I decided to put up a Web site, my sales really started to grow. That generated a lot of buzz in the press, and that's how Nordstrom found me.

What's your best tip for aspiring designers?

Make goals and have a vision, but don't be afraid to change it. My first collection was resort and a lot of shift dresses and linen, which is quite a bit different from the edgy streetwear I'm doing now.



TRAUMA

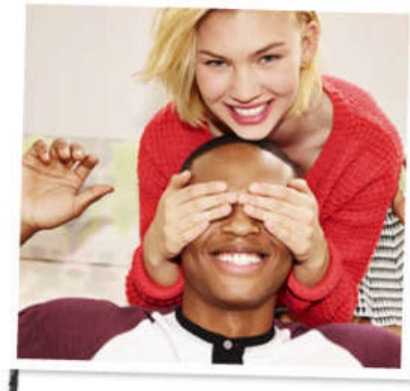


ROLL WITH IT

"I'm kind of a picky eater and my crush asked me on a date to a Japanese restaurant. When we got there, I was so nervous that I didn't want to mention I'd never eaten sushi before. I ordered a few rolls, and when they came out, I was so excited to see what I thought was a side of guacamole. I scooped it all into my mouth and immediately learned it was wasabi. My eyes started tearing, but I tried to play it cool like I knew what I was doing. My crush ordered me ice cream to help. I didn't feel cool, but at least my mouth did!"

Oh. My. Awkward.

DRAMA



Berry Clumsy

"After my school's pre-Thanksgiving feast, I was walking with a plate of leftovers up a set of stairs. When I spotted my crush approaching, I became so distracted that I tripped on a step and wiped out. When I stood up, one boob was covered with cranberry sauce. Totally not thankful for that!"

LEAF A GOOD IMPRESSION

"I was new to my internship when my boss called me in for a meeting after lunch. It was intimidating, but I felt confident it had gone well. When I got back to my desk, the girl I sit next to said, 'Is that spinach in your teeth?' Ugh! At least I'd made a big impact."



Booby Trap

"My family moved around the time of my birthday, and my boyfriend came over to give me my present. My mom, being as welcoming as ever, invited him in to see my new room. I'd been unpacking and I noticed that I'd left a bunch of bras on top of a box. As soon as I saw them, I panicked and sat on top of the pile. Slowly, I started sinking into the box—to the point where I got stuck. My BF just stared and laughed. I looked like a complete weirdo! So much for a romantic birthday."



CRASH LANDING

"I was walking outside the airport, pushing two suitcases stacked on top of each other and dragging a third one behind me. While I was crossing the street, the stacked ones hit a bump and fell over—and I went with them! A crowded charter bus witnessed my #epicfail. All I wanted was to get back on the plane!"

CLASS ACTS

CELEB TRAUMAS!



When I was 7, I was taking a jumps-and-turns class with older kids. I really had to go to the bathroom but was too afraid to ask the teacher. When it finally was my turn to dance, I ended up peeing myself! I was so mortified, I ran out of the room.

–MADDIE ZIEGLER

I was in acro class, and the teacher was spotting me for a back tuck. Right in the middle of it, my pants fell down! Everyone stopped to see what had just happened. It was so embarrassing, but I couldn't stop laughing.

–MACKENZIE ZIEGLER

MAIN PHOTO: SIMONE BECCHETTI/ISTOCKSY. COUPLE: JOEY SEAWELL. (ALL MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) STILL LIFES: (SUITCASE) COURTESY OF ROCKLAND; (SPINACH) KEVIN SUMMERS/GETTY IMAGES. ZIEGLER SISTERS: KEVIN MAZUR/GETTY IMAGES.

HOROSCOPES

By Sally Brompton

Aquarius

Jan 20–Feb 18

You're a sucker for gossip—whether it's true or not—and thanks to a planetary link on the 17th, you'll overhear the juiciest tidbit ever. (Prepare to be floored.) You'll be tempted to spill it, but with Mercury (the messenger!) so active in your sign, the rumor could spread like lightning—and be traced back to *you*. Careful . . .

Pisces

Feb 19–Mar 20

Take a deep breath, Pisces. From the 26th to the 29th, your ruler, Neptune, will be under intense astrological pressure, making it seem as though everything (home, classes, social life) is spiraling out of control. Luckily, things will calm down once the 30th arrives, and you'll regain your grip. Till then: Trust.

Aries

Mar 21–Apr 19

You may not think of yourself as a role model or anything, but with your mad leadership skills, you kinda *are*. A few of the newer girls in your crew need guidance, and when the sun changes signs on the 22nd, you'll access wisdom you never even knew you had. If you help those who look up to you, good karma will follow!

Taurus

Apr 20–May 20

"A Taurus is always willing to compromise," said no one ever. Usually, your my-way-or-the-highway attitude works for you, but around the new moon on the 11th, it'll be a whole different story. Opening up to other points of view—especially on a team project—will teach you stuff you *really* need to know. Listen up.

Gemini

May 21–Jun 20

Hard to fathom, but between the 2nd and the 20th, you'll actually have trouble getting your ideas across. (Yeah, you!) That's because Mercury, your ruler and the planet of communication, will go majorly MIA. Use that time to organize your thoughts, and don't worry: After the 21st, the words will flow again!

Cancer

Jun 21–Jul 22

Venus will bring you and a guy together at a gathering on the 23rd. You always assumed he was aloof, but don't give him the brush-off. It turns out that he's just more comfy chatting in a group. You'll quickly see you both share a bunch of rando interests, so he could end up being a cool addition to your squad.

Leo

Jul 23–Aug 22

It doesn't seem possible, but from the 12th, you'll be even more outgoing than usual! With Mars in the fun sector of your chart from the 13th on, November is the perfect time to plan a blowout for all your new friends. Just hold off till the 25th to run the idea by your parents: Your powers of persuasion will be legendary!

Virgo

Aug 23–Sep 22

You and one of your BFFs have not been getting along lately (uh, understatement of the year!), with every convo getting *way* intense. But when Mercury is under the influence of the sun on the 17th, you'll find the magic words to start patching things up. *Psst:* Just offering a genuine compliment could get the ball rolling fast!

Libra

Sep 23–Oct 22

"Flirt" should be your middle name this month! With romantic Venus in your sign from the 8th, crushes will be texting you left and right. The prob? You're just playing, but one cutie in particular (you'll know who) may be taking your messages to heart. Be mindful of people's feelings, so no one gets hurt!

Scorpio

Oct 23–Nov 21

You've been crushing hard on someone since the beginning of the year, but you've been too shy to make a move. Well, thanks to Venus and Mars, you won't have to! This sweetie has noticed you too and will reach out to you during the weekend of the 7th. This connection could be really special, Scorp!

Sagittarius

Nov 22–Dec 21

A few friends have become weirdly possessive of you lately, and you're starting to feel trapped. The. Worst. Thankfully, the full moon on the 25th will give you enough courage to disentangle yourself from their demands. By the end of the month, you'll have the time and space to do you again. Phew!

Capricorn

Dec 22–Jan 19

Your bae has a secret but can't figure out the best way to explain it. You already have a clue what it is (and would never judge), so you may need to bring it up first. The right approach will come to you as Saturn links up with Mars on the 24th. Your compassion will be appreciated—and returned in kind when *you* need it!

LETTERS ILLUSTRATION: SAMANTHA HAHN/WWW.SAMANTHAHAHN.COM. GET YOUR IN-DEPTH HOROSCOPE AND MORE AT SALLYBROMPTON.COM.

Illustration by Samantha Hahn

ENTER FOR A CHANCE TO WIN...

SWEET DREAMS!

Five readers will get this cozy bedding set. **(Zzz)**



Exclusively from the *Seventeen* Bedding Collection at jcpenny.com/seventeen

ZONE OUT

40 readers will each score one of these trendy tech accessories.



A headphones set from Frends x BaubleBar **(GLAM)**

A portable speaker from ban.do **(BOLD)**

An iPhone case from Ankit **(FOXY)**

HOW TO ENTER: Starting October 13, 2015, log on to **seventeen.com/freebies** to find all prizes from this issue. Enter your info and the code word in parentheses to be eligible to win. Each Freebie will be live through November 23, 2015. See right for details.

BEDDING: COURTESY OF JCPENNEY. SPEAKER: COURTESY OF BAN.DO. IPHONE CASE: COURTESY OF THE ANKIT. HEADPHONES: COURTESY OF FRENDS.

SWEEPSTAKES RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the number of eligible entries received.

HOW TO ENTER THE READER-FEEDBACK SURVEY (page 6): There are two (2) ways to enter beginning December 1, 2014, at 12:01 A.M. ET, through December 31, 2015, at 11:59 P.M. ET: Go to **novembersurvey.seventeen.com** on either 1) a computer or 2) a wireless device and complete and submit the entry form pursuant to the on-screen instructions. One (1) Winner will receive a $500 American Express Gift Check; five (5) Second Place Winners will receive a $100 American Express Gift Check. Total approximate retail value: $1,000. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **novembersurvey.seventeen.com**.

HOW TO ENTER *SEVENTEEN* MAGAZINE'S THE *HUNGER GAMES: MOCKINGJAY – PART 2* FANDANGO SWEEPSTAKES (page 14): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning September 29, 2015, at 12:01 A.M. ET, through October 27, 2015, at 11:59 P.M. ET, go to **seventeen.com/mockingjaytix** on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) Grand Prize winner will win a three-(3)-night trip for two (2) people to the Los Angeles movie premiere screening of *The Hunger Games: Mockingjay - Part 2,* currently scheduled for November 16, 2015 (approximate retail value: $3,550). Thirty (30) Runner-up winners will receive a Fandango Promotional Code valid to redeem one (1) pair of movie tickets (up to $40 total value) to see *The Hunger Games: Mockingjay - Part 2* at Fandango partner theaters in the US, opening in theaters November 20, 2015. Approximate retail value of each Runner-up prize: $40. Approximate retail value of all Runners-up prizes: $1,200. Total approximate retail value for all prizes awarded: $4,750. Sweepstakes open only to legal residents, between the ages of 13 and 29, of the 48 contiguous states or the District of Columbia at the time of entry. Void in Puerto Rico, Alaska, Hawaii, and where prohibited by law. Additional terms and conditions may apply. Sweepstakes subject to complete Official Rules available at **seventeen.com/mockingjaytix**.

HOW TO ENTER THE NOVEMBER FREEBIES SWEEPSTAKES (left and page 18): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning October 13, 2015, at 12:00 A.M. ET, through November 23, 2015, at 12:00 A.M. ET, go to **seventeen.com/freebies** on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important Notice: You may be charged for visiting the mobile Web site in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Five (5) Winners will each receive a *Seventeen*-branded bed set from JCPenney, courtesy of *Seventeen:* $200. Fifteen (15) Winners will each receive a Giant Gem Speaker from Ban.do: $40. Fifteen (15) Winners will each receive a Fox Hunt iPhone 6 Case from Ankit: $19.99. Ten (10) Winners will each receive a Frends x BaubleBar Layla Headphones set in the Helios or Fortuna style: $175. Ten (10) Winners will each receive a six-month subscription to Google Play Music: $59.94. Total approximate retail value: $4,249.25. Open to legal residents of the 50 United States and the District of Columbia, ages 13–29 in their state or territory of residence at time of entry. Legal residents of Canada (excluding Quebec) who have reached the aforementioned age in their province of residence at time of entry are also eligible to enter. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

GLORIA STEINEM

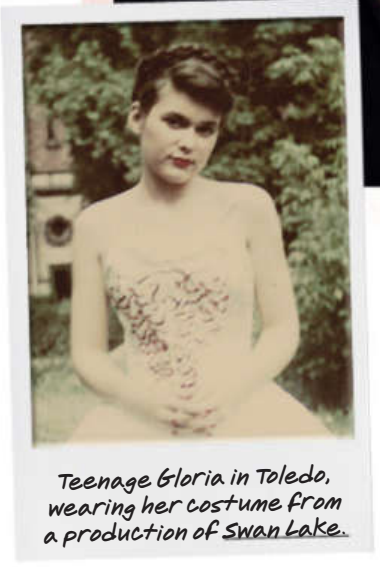
The feminist icon and author says getting involved really does pay off.



"The voting booth is the only place on earth where the least powerful and the most powerful are equal."

My life as an activist began during my last year of high school. Until then, I'd been living with my mother in Toledo, Ohio, and I spent most of my free time working as a salesgirl or dancing in local shows on weekends. Plus, I was taking care of my mother, who was sometimes too depressed to function. My father, an antiques dealer, was committed to a life on the road. Then my older sister, Susanne, who lived in Washington, D.C., made a deal: If he would take our mother with him for the year, I would live with Susanne so I could have a year of freedom before college. Everyone assumed I'd be homesick, but I was in heaven. It was the first time in my life I was responsible only for myself. I was free!

My new high school was a revelation. In Toledo, my friends' fathers worked in factories, the football team was the main event, and our major project in chemistry was learning how to make whiskey. In D.C., I felt socially insecure with the college-bound sons and daughters of high-level military families. The young women were welcoming and kind-hearted but so many social levels above anything I'd experienced. Have you ever sat at a dinner when you didn't know what fork to use? That, magnified by 100, was my senior year.



Teenage Gloria in Toledo, wearing her costume from a production of Swan Lake.

Then it all changed. It was 1952, a presidential election year, and I found a small office of Adlai Stevenson's campaign near where I was living. Most people in my school were for Dwight Eisenhower, the war hero, but Stevenson, the liberal governor of Illinois, sounded more like [Franklin Delano] Roosevelt to me, and he was my mother's hero. From the moment I entered that chaotic headquarters with its ringing phones and rushing staffers, I knew I had found my people. Soon, I was working with other young volunteers, churning out Students for Stevenson newsletters.

I fell in love with campaigning, and I think you might, too. People are there because they care, and since every vote counts, they tend to understand that every person counts. They are microcosms of democracy. You meet people you'd never otherwise know—campaigns are more open than business or academia or religion or any other institution. Anybody can walk in and volunteer. You'll know you're in the right place when you can work on issues you believe in—from the environment to your own safety on campus or in the street. Worried about the student loans you'll have if you go to college? Find out who your state representatives are and how they vote on funding for education and universities. Do your teachers have to spend their own money on school supplies? Go to a local school board meeting. You can also just start blogging to your friends about the issues that affect your lives. It doesn't matter how old you are—you have a voice—use it! Democracy can't work *for* you *without* you!

Seventeen (ISSN 0037-301X) is published monthly with combined issues in December/January and June/July, 10 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Volume 74, number 11. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Catherine A. Bostron, Secretary. Hearst Magazines Division: David Carey, President; John A. Rohan, Jr., Senior Vice President, Finance. © 2015 by Hearst Communications, Inc. All rights reserved. *Seventeen* is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at N.Y., N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: $10 for one year. Canada: $10 for one year; all other countries $15 for one year. Subscription Services: *Seventeen* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4–6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such offers via postal mail, please send your current mailing label or exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. You can also visit http://hearst.ed4.net/profile/login.cfm to manage your preferences and opt-out of receiving marketing offers by e-mail. For subscription inquiries and customer service, visit service.seventeen.com or write to Customer Service Dept., *Seventeen*, P.O. Box 6000, Harlan, IA 51593. *Seventeen* is not responsible for unsolicited manuscripts, photographs, or art. None will be returned unless accompanied by a self-addressed stamped envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to *Seventeen*, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

STEINEM: (MAIN PHOTO) JAY L. CLENDENIN/GETTY IMAGES; (INSET) COURTESY OF GLORIA.

HAVE AN AHA-VOCADO MOMENT



It's only so often that you get to experience the epiphany of beautifully ripe avocados and a few select ingredients hand-mashed into perfect guacamole. At Chipotle, "only so often" is any time you like. That's because we make batch after batch of fresh, delicious guac several times a day. So thwap some on your burrito, taco, or bowl and experience a little enlightenment by avocado.

CHIPOTLE



© 2015. Wm. Wrigley Jr. Company.
Juicy Fruit, Starburst and all affiliated designs are trademarks of Wm. Wrigley Jr. Company or its affiliates.